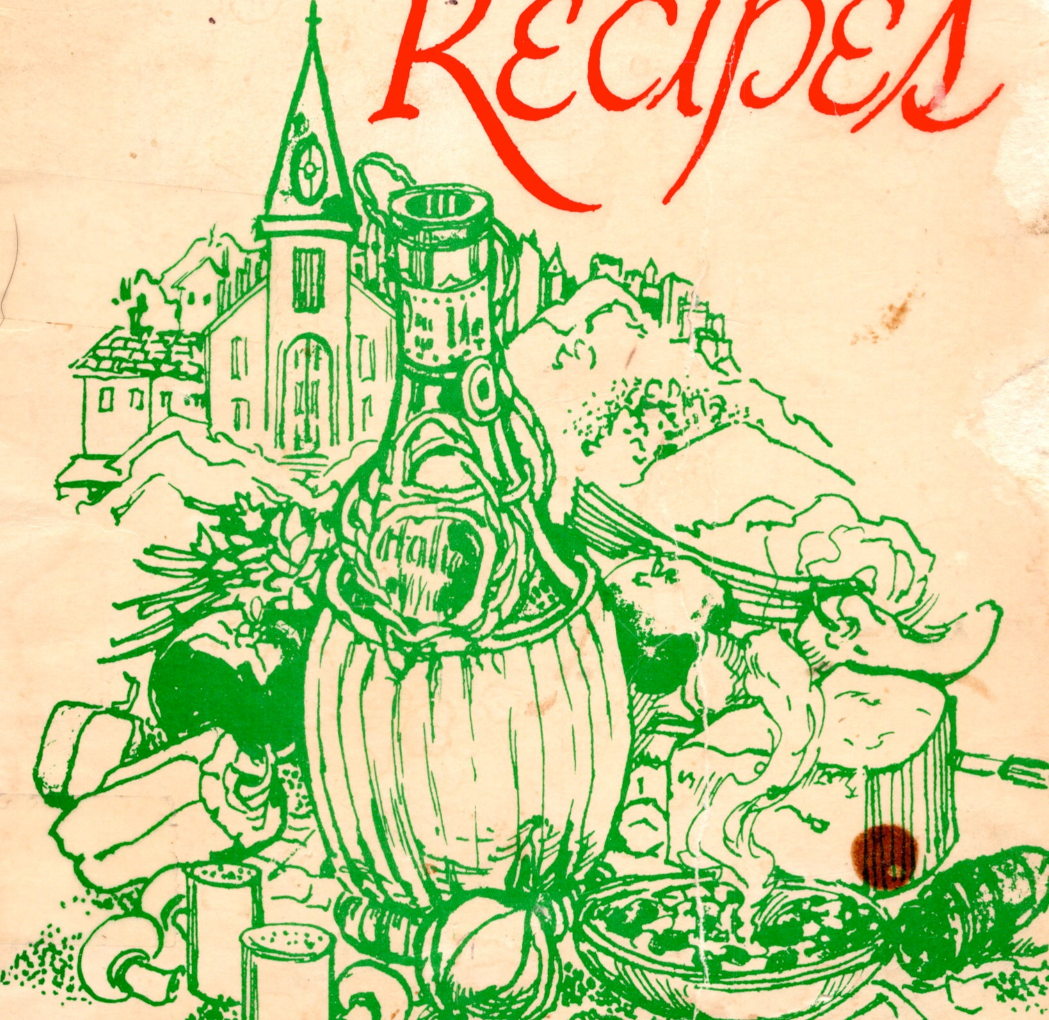
Mother Country
ITALIAN
Recipes



A BOOK OF
FAVORITE
Recipes

Compiled by

WOMEN'S DIVISION

ORDER SONS OF ITALY IN AMERICA

GRAND LODGE OF PENNSYLVANIA

©Copyright 1968-1981 by CIRCULATION SERVICE, P.O. Box 7306, Shawnee Mission, Kansas 66207
Fund Raising Programs and Programs of Service
For Church, School and Civic Organizations
Printed in the United States of America

then
Handbook for chickens

ORDER SONS OF ITALY IN AMERICA

GRAND LODGE OF PENNSYLVANIA

Judge Frank J. Montemuro, Jr.
Grand Venerable

Compiled by
Women's Division

Joanne L. Strollo
President

Cook Book Chair-person
Josephine Barone

Cover Design by:
Dr. Michael P. Marcase
Supt. Phila., Public Schools

Phil. Pa. 1029C

Basic Kitchen Information

Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

Wheat Flour Institute.

Standard Kitchen Cover Scene If Used - Kitchens by Kleweno

THUMB INDEX

EQUIVALENTS,
WEIGHTS and MEASURES,
SUBSTITUTE INGREDIENTS

EVERYDAY HERB GUIDE

WHAT SHALL WE HAVE
FOR DINNER?

TIME TABLE FOR
MEAT COOKERY

SEA FOOD COOKERY,
WAYS TO USE LEFTOVERS

QUANTITIES FOR 100 PEOPL
SANDWICHES -- QUANTITY a
FAMILY SIZE RECIPES

6 STEPS TO
THE PERFECT PIE

DIET INFORMATION
AND MENUS

FREEZING PREPARED FOODS
and MAXIMUM HOME STORAG
FOR FROZEN FOOD

METRIC SYSTEM
INFORMATION

STAIN CHART, FIRST AID and
MISCELLANEOUS INFORMATIO

EQUIVALENTS

3 tsps.	1 tbsp.
4 tbsps.	¼ cup
5⅓ tbsps.	⅓ cup
8 tbsps.	½ cup
10⅔ tbsps.	⅔ cup
12 tbsps.	¾ cup
16 tbsps.	1 cup
½ cup	1 gill
2 cups	1 pt.
4 cups	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pecks	1 bu.
16 ozs.	1 lb.
32 ozs.	1 qt.
8 ozs. liquid	1 cup
1 oz. liquid	2 tbsps.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder
1 cup = 5½ ozs.

Cheese, American
1 lb. = 2⅔ cups cubed

Cocoa
1 lb. = 4 cups ground

Coffee
1 lb. = 5 cups ground

Corn meal
1 lb. = 3 cups

Cornstarch
1 lb. = 3 cups

Cracker crumbs
23 soda crackers = 1 cup
15 graham crackers = 1 cup

Eggs
1 egg = 4 tbsps. liquid
4 to 5 whole = 1 cup
7 to 9 whites = 1 cup
12 to 14 yolks = 1 cup

Flour
1 lb. all-purpose = 4 cups
1 lb. cake = 4½ cups
1 lb. graham = 3½ cups

Lemons, juice
1 medium = 2 to 3 tbsps.
5 to 8 medium = 1 cup

Lemons, rind
1 lemon = 1 tbsp. grated

Oranges, juice
1 medium = 2 to 3 tbsps.
3 to 4 medium = 1 cup

Oranges, rind
1 = 2 tbsps. grated

Gelatin
3¼ oz. pkg. flavored = ½ cup
¼ oz. pkg. unflavored = 1 tbsp.

Shortening or Butter
1 lb. = 2 cups

Sugar
1 lb. brown = 2½ cups
1 lb. cube = 96 to 160 cubes
1 lb. granulated = 2 cups
1 lb. powdered = 3½ cups

One ingredient for another

For these	You may use these
1 whole egg, for thickening or baking	2 egg yolks. Or 2 tablespoons dried whole egg plus 2½ tablespoons water.
1 cup butter or margarine for shortening	⅞ cup lard, or rendered fat, with ½ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with ½ teaspoon salt.
1 square (ounce) chocolate	3 or 4 tablespoons cocoa plus ½ tablespoon fat.
1 teaspoon double-acting baking powder	1½ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.
Sweet milk and baking powder, for baking	Equal amount of sour milk plus ½ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)
1 cup sour milk, for baking	1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or 1¾ teaspoons cream of tartar.
1 cup whole milk	½ cup evaporated milk plus ½ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.
1 cup skim milk	4 tablespoons nonfat dry milk plus 1 cup water.
1 tablespoon flour, for thickening	½ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.
1 cup cake flour, for baking	⅞ cup all-purpose flour.
1 cup all-purpose flour, for baking breads	Up to ½ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

EVERYDAY HERB GUIDE

Sage

FOUND IN Yugoslavia, Italy, Greece, Spain.

IT IS shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.

TASTES GOOD WITH stuffings; pork roasts; sausages; poultry and hamburgers.

AVAILABLE as leaf; rubbed; powdered.

Fennel

FOUND IN India, France, Argentina.

IT IS dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

TASTES GOOD WITH soups; fish dishes; sauces; sweet pickles; bread and rolls.

AVAILABLE whole; ground.

Tarragon

FOUND IN France, United States.

IT IS leaf and flower-top of plant; has pungent flavor resembling licorice.

TASTES GOOD WITH fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

AVAILABLE whole; ground.

Thyme

FOUND IN France, Spain.

IT IS member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

TASTES GOOD WITH soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese; bean and vegetable soups; fish.

AVAILABLE whole; powdered.

Parsley

FOUND IN United States, Europe,

IT IS tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

TASTES GOOD WITH meat; vegetables; soups; eggs; cheese.

AVAILABLE whole; ground; as flakes.

Savory

FOUND IN France, Spain.

IT IS member of mint family; has aromatic odor, pungent flavor.

TASTES GOOD WITH eggs; meat; salads; chicken; soups; stuffings.

AVAILABLE whole; ground.

Dill

FOUND IN India, United States.

IT IS fruit of parsley family; has aromatic odor with delicate caraway flavor.

TASTES GOOD WITH fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads;

EVERYDAY HERB GUIDE

Basil

FOUND IN India, Western Europe, United States.

IT IS member of mint family with leaves 1½" long; has mild aromatic odor; warm, sweet flavor with slight licorice taste.

TASTES GOOD WITH tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.
AVAILABLE whole; ground.

Bay Leaf

FOUND IN Turkey, Yugoslavia, Portugal, Greece.

IT IS green, aromatic leaf of laurel tree; has pungent flavor.

TASTES GOOD WITH vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.

AVAILABLE as whole leaf.

Chervil

FOUND IN France, United States

IT IS member of parsley family with feathery leaves; has mild, delicate flavor.

TASTES GOOD WITH egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.

AVAILABLE whole; ground.

Oregano

FOUND IN Mexico, Italy, Chile, France.

IT IS member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

TASTES GOOD WITH tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.

AVAILABLE whole; ground.

Mint

FOUND IN all parts of the world.

IT IS dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

TASTES GOOD WITH jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.

AVAILABLE whole (dried); flaked; as fresh sprigs.

Rosemary

FOUND IN France, Spain, Portugal.

IT IS leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piny taste.

TASTES GOOD WITH poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.

AVAILABLE whole; ground.

Marjoram

FOUND IN France, Germany, Chile.

IT IS member of mint family, with aromatic odor.

TASTES GOOD WITH fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef;

What Shall We Have For Dinner??

WHAT TO SERVE WITH Meats

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

WHAT TO SERVE WITH Chicken

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad

What Shall We Have For Dinner??

WHAT TO SERVE WITH Fish

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

WHAT TO SERVE WITH Cheese or Eggs

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT-UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

WHAT TO SERVE WITH Miscellaneous

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tunafish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Buttered Rice
BAKED MACARONI	Pea Soup, Stewed Tomatoes, Lettuce Salad

TIME TABLE FOR MEAT COOKERY

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rolled Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb	325° F.	185° F.	15-18 min. per lb.

Geese—Same as turkey of similar weight.
Duck—Same as heavy chicken of similar weight.

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours

TIME TABLE FOR MEAT COOKERY

Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			RARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin					
Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	30-35

Stewing

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	3/4 lbs.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total

Sea Food
COOKERY

	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL - OCT.
BUTTERFISH	2	3		1	APRIL - DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. - NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPER		1			NOV. - APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. - JUNE
LAKE TROUT	3	1		2	APRIL - NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE - OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	NOV. - MAY
SHAD	2	1		3	DEC. - JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. - MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	NOV. - APRIL
STRIPED BASS			1		ALL YEAR
STURGEON	2	1	3		APRIL - JAN.
SUNFISH	2			1	APRIL - OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL - NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL - NOV.
WHITING			1		MAY - DEC.
WHITEFISH	2	1		3	APRIL - DEC.

Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

Cooked snap beans, lima beans, corn, peas, carrots, ***in***

- Meat and vegetable pie
- Soup
- Stew
- Stuffed peppers
- Stuffed tomatoes
- Vegetables in cheese sauce

Cooked leafy vegetables, chopped, ***in***

- Creamed vegetables
- Soup
- Meat loaf
- Meat patties
- Omelet
- Souffle

Cooked or canned fruits, ***in***

- Fruit cup
- Fruit sauces
- Jellied fruit
- Quick breads
- Shortcake
- Upside-down cake
- Yeast breads

Cooked meats, poultry, fish, ***in***

- Casserole dishes
- Hash
- Meat patties
- Meat pies
- Salads
- Sandwiches
- Stuffed vegetables

Cooked wheat, oat, or corn cereals, ***in***

- Fried cereal
- Meat loaf or patties
- Sweet puddings

Cooked rice, noodles, macaroni, spaghetti, ***in***

- Casseroles
- Meat or cheese loaf
- Timbales

Bread

- Slices, *for*
  - French toast
- Dry crumbs, *in*
  - Brown betty
  - Croquettes
  - Fried chops
- Soft crumbs, *in*
  - Meat loaf
  - Stuffings

Cake or cookies, ***in***

- Brown betty
- Ice-box cake
- Toasted, with sweet topping, for dessert

Egg yolks, ***in***

- Cakes
- Cornstarch pudding
- Custard or sauce
- Pie filling
- Salad dressing
- Scrambled eggs

Egg whites, ***in***

- Custard
- Fruit whip
- Meringue
- Souffles

Hard-cooked egg or yolk, ***in***

- Casserole dishes
- Garnish
- Salads
- Sandwiches

Sour cream, ***in***

- Cakes, cookies
- Dessert sauce
- Meat stews
- Pie filling
- Salad dressing
- Sauce for vegetables

Sour milk, ***in***

- Cakes, cookies
- Quick breads

Cooked potatoes, ***in***

- Croquettes
- Fried or creamed potatoes
- Meat-pie crust
- Potatoes in cheese sauce
- Stew or chowder

Quantities to Serve 100 People

COFFEE	— 3 LBS.	
LOAF SUGAR	— 3 LBS.	
CREAM	— 3 QUARTS	
WHIPPING CREAM	— 4 PTS.	
MILK	— 6 GALLONS	
FRUIT COCKTAIL	— 2 1/2 GALLONS	
FRUIT JUICE	— 4 NO. 10 CANS	(26LBS.)
TOMATO JUICE	— 4 NO. 10 CANS	(26LBS.)
SOUP	— 5 GALLONS	
OYSTERS	— 18 QUARTS	
WEINERS	— 25 LBS.	
MEAT LOAF	— 24 LBS.	
HAM	— 40 LBS.	
BEEF	— 40 LBS.	
ROAST PORK	— 40 LBS.	
HAMBURGER	— 30—36 LBS.	
CHICKEN FOR CHICKEN PIE	— 40 LBS.	
POTATOES	— 35 LBS.	
SCALLOPED POTATOES	— 5 GALLON	
VEGETABLES	— 4 NO.10 CANS	(26LBS.)
VEGETABLES	— 4 NO.10 CANS	(26LBS.)
BAKED BEANS	— 5 GALLON	
BEETS	— 30 LBS.	
CAULIFLOWER	— 18 LBS.	
CABBAGE FOR SLAW	— 20 LBS.	
CARROTS	— 33 LBS.	
BREAD	— 10 LOAVES	
ROLLS	— 200	
BUTTER	— 3 LBS.	
POTATO SALAD	— 12 QUARTS	
FRUIT SALAD	— 20 QUARTS	
VEGETABLE SALAD	— 20 QUARTS	
LETTUCE	— 20 HEADS	
SALAD DRESSING	— 3 QUARTS	
PIES	— 18	
CAKES	— 8	
ICE CREAM	— 4 GALLONS	
CHEESE	— 3 LBS.	
OLIVES	— 1 3/4 LBS.	
PICKLES	— 2 QUARTS	
NUTS	— 3 LBS. SORTED	

To serve 50 people, divide by 2
To serve 25 people, divide by 4

fillings make the sandwich

how to make
26
new fillings

QUANTITY
AND
FAMILY SIZE
RECIPES

for lunch boxes

HAWAIIAN HAM SANDWICH

Mix Well

	6 SERVINGS	24 SERVINGS
Ground ham	1 cup	1 quart
Drained crushed pineapple	½ cup	2 cups (No. 2 can)
Brown sugar	1 tablespoon	¼ cup
Cloves	⅛ teaspoon	½ teaspoon

O'HARA'S SANDWICH

Mix Well

Corned beef, chopped	1 cup	1 quart
Chopped onion	¼ cup	1 cup
Chopped Kosher pickle	¼ cup	1 cup
Tomato juice	¼ cup	1 cup

TANGY TONGUE SANDWICH

Mix Well

Sliced tongue	¾ pound	3 pounds
Cream cheese, softened	3-oz. package	¾ pound
Horseradish	1 tablespoon	¼ cup

CHEESE PIMIENTO SANDWICH

Mix Well

Shredded nippy cheese	1 cup	1 quart (1 pound)
Chopped pimiento	2 tablespoons	½ cup
Salad dressing	2 tablespoons	½ cup

for outdoor eating

EAST COAST SANDWICH

Mix Well

	6 SERVINGS	24 SERVINGS
Frankfurters, thinly sliced	3	12 (1½ lbs.)
Baked beans	½ cup	2 cups (1 lb. can)
Chopped onion	2 tablespoons	½ cup
Chili sauce	1 tablespoon	¼ cup

ALL AMERICAN FAVORITE

Sliced roast beef	¾ pound	3 pounds
Sliced sweet onion	1 onion	4 onions

STUDDED PEANUT BUTTER SANDWICH

Mix Well

Peanut butter	¾ cup	3 cups
Diced crisp bacon	¼ cup (8 slices)	1 cup (about 1½ lbs.)

for quick 'n' easy snacks

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

		6 SERVINGS	24 SERVINGS
	LIVER SAUSAGE SALAD SANDWICH		
Mix Well	Liver sausage	½ pound	2 pounds
	Chopped celery	¼ cup	1 cup
	Chopped sweet pickle	¼ cup	1 cup
	Chopped onion	1 tablespoon	¼ cup
	Hard cooked egg, chopped	1	4
	Salad dressing	3 tablespoons	¾ cup
	TASTY TREAT HAMBURGER		
	American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1½ pounds)
Mix Well	Ground beef	¾ pound	3 pounds
	Chopped onion	¼ cup	1 cup
	Chili sauce	2 tablespoons	½ cup
	Worcestershire sauce	½ teaspoon	2 teaspoons
	Salt and pepper to taste		
	SPICY HAM SANDWICH		
	Sliced boiled ham, simmered 15 minutes with:	¾ pound	3 pounds
	Tomato sauce	1 cup (8-oz. can)	1 quart
	Cloves	⅛ teaspoon	½ teaspoon

		6 SERVINGS	24 SERVINGS
	CREAM CHEESE CRUNCH		
Mix Well	Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
	Diced crisp bacon	¼ cup (8 slices)	1 cup
	Sliced stuffed olives	½ cup	2 cups
	CANADIAN DOUBLE DECKER		
	First Layer—		
	Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)
	Tomato, sliced	1 medium (6 slices)	4 medium 24 slices
	Second Layer—		
	Fried Canadian bacon	6 slices	24 slices (1½ pounds)
	CHAMPION TWO STORY		
	First Layer—		
	Sliced cooked chicken	½ pound	2 pounds
	Second Layer—		
Mix Well	Hard cooked eggs, chopped	4	16
	Chopped celery	2 tablespoons	½ cup
	Chopped olives	2 tablespoons	½ cup
	Chopped sweet pickle	1 tablespoon	¼ cup
	Salad dressing	2 tablespoons	½ cup
	Prepared mustard	2 teaspoons	3 tablespoons

FOR SMALL FRY

		6 SERVINGS	24 SERVINGS
	BANANA PEANUT BUTTER WINNER		
	Peanut butter	¾ cup	3 cups
	Banana, sliced	3 medium	12 medium
	SUNSHINE SPECIAL		
Mix Well	Chopped dates	1 cup	1 quart
	Shredded carrots	1 cup	1 quart
	Chopped nuts	½ cup	2 cups
	Salad dressing	½ cup	2 cups
	CALIFORNIA DELIGHT		
Mix Well	Peanut butter	¾ cup	3 cups
	Orange juice	½ cup	2 cups
	Shredded orange rind	1 tablespoon	¼ cup
	Shredded coconut	½ cup	2 cups
	APPLE CHEESE TOASTY		
	Apple sauce, topped with:	½ cup	2 cups
	American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)

	CHICKEN WALDORF SANDWICH	6 SERVINGS	24 SERVINGS
Mix Well	Cooked, diced chicken	1 cup	1 quart
	Chopped celery	½ cup	2 cups
	Chopped apple	½ cup	2 cups
	Chopped nuts	¼ cup	1 cup
	Salad dressing	3 tablespoons	¾ cup

for hearty lunching

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

OPEN FACE

Arrange ingredients on buttered bread in order listed. Place under broiler about 10 minutes or until toasted

ROYAL LIVER SAUSAGE SANDWICH

	6 SERVINGS	24 SERVINGS
Liver sausage	½ pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (¼ pound)	1 pound (24 slices)

FRANKFURTER CHEESE GRILL

	6 SERVINGS	24 SERVINGS
Frankfurters, sliced lengthwise	6 (about ¾ pound)	24 (about 3 pounds)
American cheese	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)

SEAFOOD SUPREME

		6 SERVINGS	24 SERVINGS
	Crabmeat salad:		
Mix Well	Flaked crabmeat	1 cup	1 quart
	Chopped green pepper	¼ cup	1 cup
	Salad dressing	3 tablespoons	¾ cup
	Lemon juice	1 tablespoon	¼ cup
	Tomato, sliced	1 medium (6 slices)	4 medium
	American cheese	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)

CHEF'S CHICKEN SANDWICH

	6 SERVINGS	24 SERVINGS
Sliced cooked chicken	½ pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1½ cups	1½ quarts

ROCKY MOUNTAIN SANDWICH

		6 SERVINGS	24 SERVINGS
Mix Well	Eggs, scrambled	6	2 dozen
	Sausage meat, browned	¼ pound	1 pound
	Chopped onion	¼ cup	1 cup
	Chopped green pepper	¼ cup	1 cup
	Salt and pepper to taste		

BAKED SANDWICHES

HEAVENLY HAMBURGER BAKE

	4 Servings	24 Servings
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	¼ cup
Ground beef	½ pound	3 pounds
Chopped onion	¼ cup	1½ cups
Chopped celery	2 tablespoons	¾ cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1½ quarts

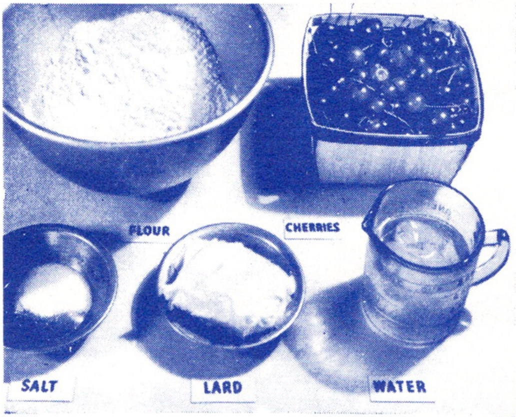
Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2½ in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350° F.) about 45 minutes.

TUNA SOUFFLE SANDWICH

	6 SERVINGS	24 SERVINGS
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can	6 cups (3 13-ounce cans)
Chopped celery	¼ cup	1½ cups
Chopped green pepper	¼ cup	1½ cups
Shredded American cheese	½ cup	3 cups (¾ pound)
Eggs, beaten	3	1½ dozen
Milk	1½ cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	⅛ teaspoon	¾ teaspoon

Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2½ in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.

6 Easy Steps TO THE

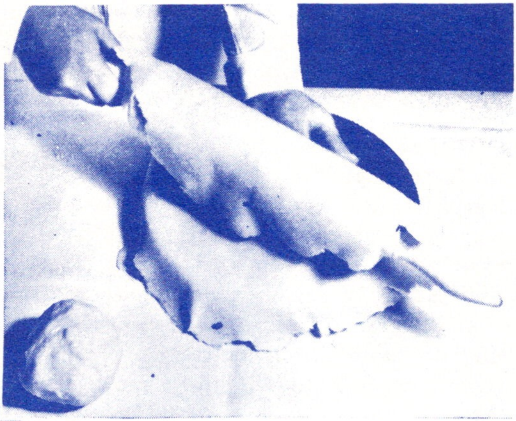


1 The ingredients for the perfect pie crust: 1 teaspoon salt, ⅔ cup lard, 2 cups flour, and cold water.

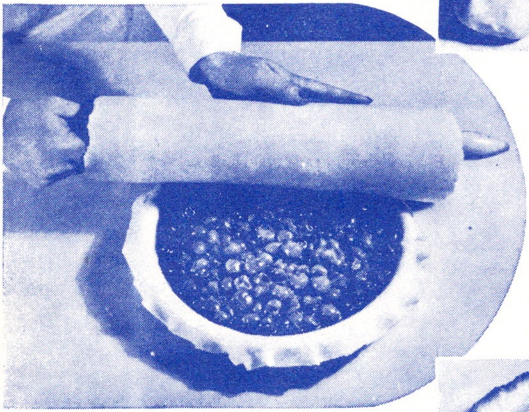
2 Cut lard into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.

3 Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds in a ball.

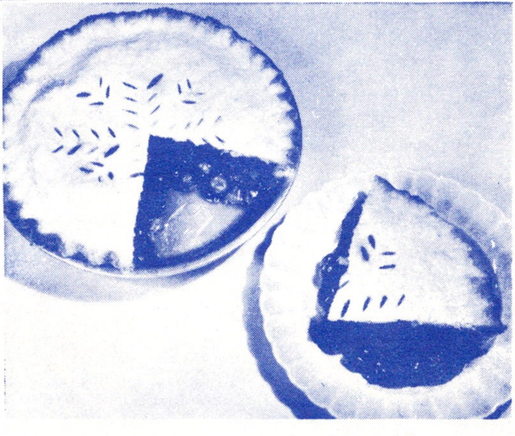
Perfect Pie



4 Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



5 Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.



6 And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.

YOU can Reduce ---
with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

Just a Word of Caution!

Before going on a diet—
CONSULT YOUR PHYSICIAN

YOUR DIET

If your Ideal Weight is **105** to **125** pounds:

BREAKFAST

Fruit	3½ *ounces*
Eggs (boiled or poached)	1
Bacon (Canadian-style, broiled)	½ *ounce*
Toast	2/3 *ounce*
Butter	1/6 *ounce*
Coffee	*as desired*

LUNCH

Meat (lean)	3 *ounces*
Vegetable (cooked or salad)	3½ *ounces*
Bread	2/3 *ounce*
Butter	1/6 *ounce*
Milk (skimmed)	7 *ounces*
Coffee or tea	*as desired*

DINNER

Clear broth	*Optional*
Meat (lean)	7 *ounces*
Vegetable (cooked)	3½ *ounces*
Salad	3½ *ounces*
Fruit	3½ *ounces*
Milk (skimmed)	7 *ounces*
Coffee or tea	*as desired*

YOUR DIET

If your Ideal Weight is **125** to **145** pounds:

BREAKFAST

Fruit	3½ *ounces*
Eggs (boiled or poached)	1
Bacon (Canadian-style, broiled)	1 *ounce*
Toast	2/3 *ounce*
Butter	1/6 *ounce*
Coffee	*as desired*

LUNCH

Meat (lean)	4 *ounces*
Vegetable (cooked or salad)	3½ *ounces*
Bread	2/3 *ounce*
Butter	1/6 *ounce*
Milk (skimmed)	7 *ounces*
Coffee or tea	*as desired*

DINNER

Clear broth	*Optional*
Meat (lean)	7 *ounces*
Vegetable (cooked)	3½ *ounces*
Salad	3½ *ounces*
Bread	2/3 *ounce*
Butter	1/6 *ounce*
Fruit	3½ *ounces*
Milk (skimmed)	7 *ounces*
Coffee or tea	*as desired*

YOUR DIET

If your Ideal Weight is **145** to **165** pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	1 ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	*as desired*

LUNCH

Meat (lean)	5 ounces
Vegetable (cooked)	2 ounces
Salad	3 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	*as desired*

DINNER

Clear broth	*Optional*
Meat (lean)	9 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	*as desired*

HELPFUL INFORMATION

FRUITS

3½ ounces = approximately ½ cup

BREAD

2/3 ounces = 1 thin slice

BUTTER

1/6 ounce = ½ pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

7 ounces = 1 glass

VEGETABLES

3½ ounces = approximately ½ cup

YOUR DIET

If your Ideal Weight is **165** to **185** pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	2 ounces
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	*as desired*

LUNCH

Meat (lean)	6 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	*as desired*

DINNER

Clear broth	*Optional*
Meat (lean)	9 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	*as desired*

Age 88

Height ______

Weight ______

Desired Weight ______

WEIGHT RECORD

Date	Weight	Date	Weight
3-20	118		

INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.

Suggested Menus For Your Diet

MONDAY

Breakfast
Orange juice
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Cold roast beef
Cauliflower
Cucumber salad
Bread Butter
Baked apple
Milk Tea

Dinner
Clear tomato bouillon
Broiled lamb chops
String beans
Head lettuce salad
Whole wheat bread Butter
Sliced peaches
Milk Coffee

TUESDAY

Breakfast
Pineapple juice
Coddled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Hamburger patty
Baked onion
Sliced tomatoes
Bread Butter
Plums
Milk Tea

Dinner
Baked liver
Julienne carrots
Celery and radishes
Whole wheat bread Butter
Pears
Milk Coffee

WEDNESDAY

Breakfast
Tomato juice
Poached eggs on toast
Broiled ham
Coffee

Lunch
Broiled luncheon meats
Seven minute cabbage
Endive Salad
Bread Butter
Grapes
Milk Tea

Dinner
Clear broth
Broiled steak
Baked squash
Mixed vegetable salad
Bread Butter
Pineapple
Milk Coffee

THURSDAY

Breakfast
Orange slices
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Green peppers stuffed with ground meat
Apple and celery salad
Bread Butter
Milk Tea

Dinner
Beef bouillon
Corned beef
Cabbage
Tossed salad
Rye bread Butter
Sliced peaches
Milk Coffee

FRIDAY *

Breakfast
Grapefruit juice
Egg in nest on Canadian-style bacon
Toast Butter
Coffee

Lunch
Tongue and spinach
Pickled beet salad
Pumpernickel Butter
Raspberries
Milk Tea

Dinner
Consommé
Lamb shanks
Broccoli
Carrot sticks and celery curls
Bread Butter
Honeydew melon
Milk Coffee

SATURDAY

Breakfast
Tangerine juice
Poached eggs
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread Butter
Milk Tea

Dinner
Jellied consommé
Pork tenderloin
Diced turnips
Asparagus salad
Bread Butter
Apricots
Milk Coffee

SUNDAY

Breakfast
Grapefruit sections
Broiled ham with poached egg
Whole wheat toast Butter
Coffee

Luncheon or Supper
Assorted cold meats
Tossed green salad
Rye bread Butter
Strawberries
Milk Tea

Dinner
Consommé
Roast beef
Asparagus tips
Beet and onion salad
Bread Butter
Cherries
Milk Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned, fish dishes are used

Suggested Menus For Your Diet

MONDAY

Breakfast

Orange juice
Poached egg   Frizzled dried beef
Toast   Coffee

Lunch

Cold roast veal
Stewed tomatoes
Endive salad
Bread   Butter
Grapes
Milk   Tea

Dinner

Barbecued pork hearts
Mashed rutabagas
Hearts of lettuce salad
Whole wheat bread   Butter
Broiled grapefruit
Milk   Coffee

TUESDAY

Breakfast

Honeydew melon
Soft boiled egg
Broiled Canadian-style bacon
Toast   Coffee

Lunch

Broiled sweetbreads
Broiled tomatoes
Pineapple and cottage cheese
Bread   Butter
Milk   Tea

Dinner

Roast leg of lamb
Brussels sprouts
Bread   Butter
Blueberries
Milk   Coffee

WEDNESDAY

Breakfast

Grapefruit juice
Coddled egg   Broiled ham slice
Toast   Coffee

Lunch

Cold roast lamb
String beans   Carrot sticks
Bread   Butter
Steamed apple
Milk   Tea

Dinner

Consomme
Veal steak with stewed tomatoes
Mixed green salad
Rye bread   Butter
Sliced peaches
Milk   Coffee

THURSDAY

Breakfast

Apricots
Poached egg on toast
Broiled Canadian-style bacon
Coffee

Lunch

Assorted cold meats
Pickled beets
Artichoke hearts
Bread   Butter
Pineapple
Milk   Tea

Dinner

Beef pot roast
Whole carrots
Assorted relishes
Bread   Butter
Raspberries
Milk   Coffee

FRIDAY *

Breakfast

Orange juice
Baked egg in Canadian-style bacon cup
Toast   Butter
Coffee

Lunch

Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread   Butter
Grapes
Milk   Tea

Dinner

Clear broth
Broiled beef steak
Baked onion
Sliced tomato salad
Rye bread   Butter
Watermelon
Milk   Coffee

SATURDAY

Breakfast

Tomato juice
Soft boiled eggs
Broiled Canadian-style bacon
Whole wheat toast   Butter
Coffee

Lunch

Broiled kidney
Diced carrots
Mixed vegetable salad
Bread   Butter
Cherries
Milk   Tea

Dinner

Tomato bouillon
Meat loaf
Asparagus spears
Cauliflower on tomato salad
Bread   Butter
grapefruit
Milk   Coffee

SUNDAY

Breakfast

Cantaloupe
Shirred eggs with diced ham
Whole wheat toast   Butter
Coffee

Luncheon or supper

Broiled frankfurters
Beets
Cole slaw
Bread   Butter
Plums
Milk   Tea

Dinner

Clear vegetable soup
Rolled shoulder of veal
Baked eggplant
Celery curls   Radish roses
Bread   Butter
Strawberries
Milk   Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used

Protein Content and Caloric Value of Foods for Your Diet

Food	*Approx. Weight (Oz.)*	*Approximate Measure*	*Protein (Gm.)*	*Calories*
MEAT				
Beef				
Corned	4	2 sl. 7" x 2" x ¼"	19.0	346
Pot Roasts				
Chuck	4	Pc. 2½" x 2" x 1½"	22.3	262
Round	4	Pc. 3½" x 2½" x ½"	23.2	233
Shank	4	Pc. 3¼" x 2½" x ⅝"	24.4	194
Roasts				
Chuck	4	Sl. 4" x 3½" x ½"	22.3	262
Loin	4	Sl. 5½" x 3" x ½"	20.3	352
Rib	4	Sl. 5½" x 3" x ½"	20.9	332
Round	4	Sl. 5" x 3½" x ¼"	23.2	233
Steaks				
Club, T-bone, porterhouse, sirloin	4	Pc. 4¼" x 2" x 1"	20.3	352
Flank	4	Pc. 3" x 2¾" x ¾"	23.9	181
Rib	4	Pc. 5" x 3½" x ½"	20.9	332
Round	4	Pc. 3" x 3" x ½"	23.2	233
Stews				
Chuck	4	3 pc. 1½" x 1¼" x 1¼"	22.3	262
Shank	4	3 pc. 1¼" x 1¼" x 1¼"	24.4	194
Stew meat (av.)	4	3 pc. 1¼" x 1¼" x 1¼"	19.0	400
Lamb				
Chops				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421
Shoulder	4	Pc. 4" x 3" x ⅝"	18.7	348
Roasts				
Leg	4	Sl. 4" x 3" x ½"	21.6	276
Shoulder	4	Sl. 5" x 3" x ½"	18.7	348
Pork, fresh				
Chops and steaks				
Leg (ham)	4	Pc. 3½" x 3" x ½"	18.2	408
Loin	4	Chop ¾" th.	19.7	349
Shoulder	4	Pc. 4½" x 3½" x ⅜"	16.1	464
Roasts				
Boston butt	4	Sl. 4½" x 3½" x ⅜"	19.9	327
Loin	4	Sl. ¾" th.	19.7	349
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172
Pork, cured				
Bacon, Canadian style	1	Sl. 2½" dia. x 3/16" th.	6.6	68
Ham (boiled)	2	Sl. 4¼" x 4" x ⅛"	10.6	147
Veal				
Chops				
Loin	4	Chop ⅝" th.	23.0	211
Rib	4	Chop ¾" th.	22.6	241
Roasts				
Leg	4	Sl. 4" x 2½" x ½"	22.9	223
Loin	4	Sl. 4" x 2½" x ½"	23.0	211
Rib	4	Sl. 4" x 2½" x ½"	22.6	241
Shoulder	4	Sl. 5" x 3" x ½"	23.3	202
Steaks				
Cutlet (round)	4	Pc. 4" x 2½" x ½"	23.4	191
Shoulder	4	Pc. 5" x 3" x ½"	23.3	202
Sirloin	4	Pc. 4" x 2½" x ½"	23.0	211
Stew (breast)	4	4 pc. 2½" x 1" x 1"	22.0	271
Variety Meats				
Brains (beef)	4	2 pc. 2½" x 1½" x 1"	12.6	152
Heart (av.)	4	⅓ ht. 3" dia. x 3½" lg.	19.7	157
Kidney (av.)	4	3 sl. 3¼" x 2½" x ¼"	20.0	161
Liver				
Beef	3	2 sl. 3" x 2½" x ⅜"	17.7	119
Lamb	3	2 sl. 3½" x 2" x ⅜"	18.9	118
Pork	3	2 sl. 3½" x 2" x ⅜"	17.7	116
Veal	3	2 sl. 3" x 2½" x ⅜"	17.1	122
Sweetbread	4	Pc. 4" x 3" x ¾"	18.2	216
Tongue	3	3 sl. 3" x 2" x ¼"	15.7	191
Sausages and Cooked Specialties				
Bologna	1	Sl. 4½" dia. x ⅛" th.	4.4	65
Frankfurter	2	2 5½" lg. x ¾" dia.	9.1	121
Liver sausage	1	Sl. 3" dia. x ¼" th.	5.0	77
Luncheon meat	1	Sl. 4" x 3½" x ⅛"	4.6	81
Vienna sausage	1	2 pc. 2" lg. x ¾" dia.	5.8	76
POULTRY				
Chicken				
Liver	3	4 av.	19.9	122
Roast				
Breast	3	½ breast	21.0	110
Leg	2½	1 av.	14.7	88
Thigh	2½	1 av.	15.8	95
Wing	1	1 av.	7.0	37
Stewed				
Dark meat	3½	½ c. (diced)	23.1	139
Light meat	3	½ c. (diced)	20.3	106
Turkey				
Roast				
Dark meat	3½	Sl. 4" x 3" x ½"	23.2	177
Light meat	3½	Sl. 4" x 3" x ½"	24.5	139

Food	*Approx. Weight (Oz.)*	*Approximate Measure*	*Protein (Gm.)*	*Calories*
FISH				
Bass	4	1 sm. fish	27.3	113
Clams	3½	5 med.	12.8	77
Cod	3½	Pc. 4" x 2¼" x ¾"	16.5	70
Crab, canned	3	⅔ c.	16.1	94
Finnan haddie	3½	¾ c.	23.2	96
Flounder	3½	Pc. 4" x 3" x ⅜"	19.0	79
Haddock	3½	Pc. 3½" x 3" x ¾"	17.2	72
Halibut	4	Pc. 4" x 3" x ½"	20.4	133
Herring, fresh	4	1 fish 7" lg.	22.8	163
Lobster				
Canned	3	½ c.	15.6	74
Fresh	2½	1 av.	12.2	63
Mackerel	2½	¼ fish 7" lg.	14.3	119
Oysters	3½	5 med.	6.0	50
Perch	4	2 fish 4½" lg.	23.4	102
Salmon				
Canned	3½	⅔ c.	24.7	203
Fresh	3	Pc. 2½" x 2½" x ⅞"	15.7	196
Shrimps, can'd	2	⅜ c. or 12 pc. 1" dia.	10.7	49
Trout	3	Pc. 6" lg.	16.1	80
White fish	4	Pc. 3¼" x 3" x ½"	25.2	165
MILK AND DAIRY PRODUCTS				
Butter	⅓		.1	73
Cheese, cottage	2	¼ c.	9.6	51
Cream, coffee	½	1 T	.4	29

HEIGHT, WEIGHT, AGE TABLE*

For Adolescents and Young Adults (Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

MEN

Height		*Weight*	
Ft.	*In.*	*15-19*	*20-24*
4	11	111	117
5	0	113	119
5	1	115	121
5	2	118	124
5	3	121	127
5	4	124	131
5	5	128	135
5	6	132	139
5	7	136	142
5	8	140	146
5	9	144	150
5	10	148	154
5	11	153	158
6	0	158	163
6	1	163	168
6	2	168	173
6	3	173	178

WOMEN

Height		*Weight*	
Ft.	*In.*	*15-19*	*20-24*
4	11	110	113
5	0	112	115
5	1	114	117
5	2	117	120
5	3	120	123
5	4	123	126
5	5	126	129
5	6	130	133
5	7	134	137
5	8	138	141
5	9	141	145
5	10	145	149
5	11	150	153
6	0	155	157

Protein Content and Caloric Value of Foods for Your Diet

Food	*Approx. Weight (Oz.)*	*Approximate Measure*	*Protein (Gm.)*	*Calories*
Milk				
Buttermilk	7	1 gl.	7.0	72
Evaporated	4	½ c.	8.4	167
Skim	7	1 gl.	7.0	72
Whole	7	1 gl.	7.0	138
Eggs	1⅔	1 med.	6.4	79
POTATOES,				
White	2	1 small 2½" lg. x 2" dia.	1.2	51
VEGETABLES				
Artichokes	3½	½ lge.	2.9	63
Asparagus	3½	7 stalks 6" long	2.3	27
Beans, string	3½	⅔ c.	2.4	42
Beet greens	3½	½ c.	2.0	33
Beets	3½	⅔ c. or 2 1¾" dia.	1.6	46
Broccoli	3½	2 stalks 5" lg.	3.3	37
Brussels sprts.	3½	⅔ c.	4.4	58
Cabbage	3½	1/5 hd. 4½" dia.	1.4	29
Carrots	3½	2 carrots 5" lg.	1.2	45
Cauliflower	3½	⅔ c.	2.4	31
Celery	½	Pc. 8½" lg. or 2 hts.	.2	3
Chard, Swiss	3½	½ c.	1.4	25
Chicory	1	10 sm. leaves	.4	7
Cucumbers	2	8 sl. ⅛" th.	.4	7
Eggplant	2	Sl. 3½" dia. x ⅜" th.	.7	17
Endive, French	2	2 stalks	.8	11
Green pepper	½	⅛ c. or pc. 4" x 1¼"	.2	4
Kohlrabi	3½	⅔ c. (diced)	2.1	36
Lettuce				
Head	3½	¼ head 4" dia.	1.2	18
	½	1 leaf	.2	3
Leaf	⅓	2 leaves	.1	2
Mushrooms	3½	5 caps 2¼" dia.	2.6	15
Okra	2	5 pods	1.0	21
Onions				
Dried	3	1 onion 2" dia.	1.2	42
Green	½	3 med.	.2	7
Parsley		2 sprigs	.1	1
Pumpkin	3½	½ c.	1.2	36
Radishes	1	3 radishes 1" dia.	.4	7
Rutabagas	3½	½ c.	1.1	41
Sauerkraut	3½	⅔ c.	1.1	18
Spinach	3½	¾ c.	2.3	25
Squash				
Summer	3½	½ c.	.6	19
Winter	3½	½ c.	1.5	44
Tomatoes				
Canned	3½	½ c.	1.2	25
Fresh	3½	1 tomato 2" dia.	1.0	23
Juice, canned	4	½ c.	1.2	28
Turnip greens	3½	½ c.	2.9	37
Turnips				
White	3½	⅔ c.	1.1	35
Yellow (see rutabagas)				
PICKLES				
Olives				
Green	1/6	1 med.	.1	7
Ripe	½	1 lge.	.2	23
Pickles				
Dill	2	½ pkle. 5" lg. x 1½" dia.	.3	7
Sweet	½	1 pkle. 2½" lg. x ¾" dia.	.2	21
BREAD AND CEREAL PRODUCTS				
Cereals				
Bran, whole	⅔	⅓ c.	2.5	67
Cornflakes	½	⅔ c.	1.3	56
Farina, enriched	⅔	½ c. (sc. 2 T. dry)	2.3	71
Oatmeal	⅔	½ c. (¼ c. dry)	3.1	77
Rice				
Puffed	⅓	¾ c.	.7	36
White	1	⅔ c. (2 T. dry)	2.3	105
Wheat				
Flakes	⅔	¾ c.	2.4	74
Puffed	⅓	¾ c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	⅔	Sl. 4" x 3½" x ⅛"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x ¼"	.6	19
White, enrch	⅔	1 sl. (com'l) thin	1.6	50
Whole wheat	⅔	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	½	1 cracker 3" sq.	1.0	54
Saltine	⅛	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2¾" x 2½"	.6	25
Zwieback	¼	1 pc. 3¼" x 1¼" x ½"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle		82
Coffee, black			0	0
Tea, plain			0	0
FRUITS				
Apples	3½	1 apple 2¼" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3½	¾ c.	1.2	62
Blueberries	3½	⅔ c.	.6	68
Cantaloupe	4	¼ melon 5" dia.	.8	29
Cherries, sweet	3½	15 cherries ⅞" dia.	1.2	87
Grapefruit	3½	½ med. 3⅝" dia.	.5	44
Grapes				
Concord	3½	34 av.	1.4	78
Green s'dless	3½	40 sm.	.8	74
Malaga or Tokay	3½	21 av.	.8	74
Honeydew melon	4	1½" sl. 7" melon	.9	48
Oranges	3½	½ orange 4" dia.	.9	52
Peaches	3½	1 med.	.5	51
Pears	3½	1 sm.	.7	70
Pineapple	3½	1 sl. 4" dia. x ½" th.	.4	58
Plums	2½	1 plum 1¾" dia.	.5	39
Raspberries	3	⅔ c.	1.1	64
Strawberries	3½	10 strawberries 1" dia.	.8	41
Watermelon	5	½ sl. 6" dia. x ¾" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	½ c.	.6	49
Orange	4	½ c.	.7	66
Pineapple, can'd	4	½ c.	.4	65

IDEAL WEIGHTS FOR ADULTS*

Ages 25 Years and Over

MEN

Height (With shoes)		*Weight in Pounds (As Ordinarily Dressed)*		
Ft.	*In.*	*Small Frame*	*Medium Frame*	*Large Frame*
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

WOMEN

Height (with shoes)		*Weight in Pounds (As Ordinarily Dressed)*		
Ft.	*In.*	*Small Frame*	*Medium Frame*	*Large Frame*
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166

Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture—vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a *size* that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reuseable, or not. If they are reuseable, a high initial cost may be justified.

Rigid containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

Non-Rigid containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter

Suggested Maximum Home-Storage Periods To Maintain Good Quality in Purchased Frozen Foods

Food	Approximate holding period at 0° F.
Fruits and vegetables	
Fruits:	*Months*
Cherries	12
Peaches	12
Raspberries	12
Strawberries	12
Fruit juice concentrates:	
Apple	12
Grape	12
Orange	12
Vegetables:	
Asparagus	8
Beans	8
Cauliflower	8
Corn	8
Peas	8
Spinach	8
Baked goods	
Bread and yeast rolls:	
White bread	3
Cinnamon rolls	2
Plain rolls	3
Cakes:	
Angel	2
Chiffon	2
Chocolate layer	4
Fruit	12
Pound	6
Yellow	6
Danish pastry	3
Doughnuts:	
Cake type	3
Yeast raised	3
Pies (unbaked):	
Apple	8
Boysenberry	8
Cherry	8
Peach	8
Meat	
Beef:	
Hamburger or chipped (thin) steaks	4
Roasts	12
Steaks	12
Lamb:	
Patties (ground meat)	4
Roasts	9
Pork, cured	2
Pork, fresh:	
Chops	4
Roasts	8
Sausage	2
Veal:	
Cutlets, chops	9
Meat—Continued	
Cooked meat:	*Months*
Meat dinners	3
Meat pie	3
Swiss steak	3
Poultry	
Chicken:	
Cut-up	9
Livers	3
Whole	12
Duck, whole	6
Goose, whole	6
Turkey:	
Cut-up	6
Whole	12
Cooked chicken and turkey:	
Chicken or turkey dinners (sliced meat and gravy)	6
Chicken or turkey pies	6
Fried chicken	4
Fried chicken dinners	4
Fish and shellfish	
Fish:	
Fillets:	
Cod, flounder, haddock, halibut, pollack	6
Mullet, ocean perch, sea trout, striped bass	3
Pacific Ocean perch	2
Salmon steaks	2
Sea trout, dressed	3
Striped bass, dressed	3
Whiting, drawn	4
Shellfish:	
Clams, shucked	3
Crabmeat:	
Dungeness	3
King	10
Oysters, shucked	4
Shrimp	12
Cooked fish and shellfish:	
Fish with cheese sauce	3
Fish with lemon butter sauce	3
Fried fish dinner	3
Fried fish sticks, scallops, or shrimp	3
Shrimp creole	3
Tuna pie	3
Frozen desserts	
Ice cream	1

How To Convert To Metric System

	WHEN YOU KNOW:	YOU CAN FIND:	IF YOU MULTIPLY BY:*
LENGTH	**inches**	**millimeters**	**25**
	feet	**centimeters**	**30**
	yards	**meters**	**0.9**
	miles	**kilometers**	**1.6**
AREA	**square inches**	**square centimeters**	**6.5**
	square feet	**square meters**	**0.09**
	square yards	**square meters**	**0.8**
	square miles	**square kilometers**	**2.6**
MASS	**ounces**	**grams**	**28**
	pounds	**kilograms**	**0.45**
LIQUID VOLUME	**ounces**	**milliliters**	**30**
	pints	**liters**	**0.47**
	quarts	**liters**	**0.95**
	gallons	**liters**	**3.8**
TEMP:	**degrees Fahrenheit**	**degrees Celsius**	**5/9 (after subtracting 32)**

- Metric weights and measures go up (and down) by tens.

Here are some examples :

kilo means a thousand.
Example : a kilometre is a thousand metres.

centi means a hundredth.
Example : a centimetre is a hundredth of a metre.

milli means a thousandth.
Example : a millimetre is a thousandth of a metre.

metre	for length
litre	for liquids
kilogram	for weighing
°C	for temperature

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	=	1 tablespoon	15 ml
4 tablespoons	60 ml	=	¼ cup	60 ml
5-1/3 tablespoons	79 ml	=	1/3 cup	79 ml
8 tablespoons	118 ml	=	½ cup	118 ml
16 tablespoons	237 ml	=	1 cup	237 ml
1 fluid ounce	30 ml	=	2 tablespoons	30 ml
8 fluid ounces	237 ml	=	1 cup	237 ml
16 fluid ounces	473 ml	=	2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	=	4 cups or 1 quart	946 ml

Food

1 cup butter or margarine	237 ml	=	½ pound	227 g
1 cup Cheddar cheese grated	237 ml	=	¼ pound	114 g
1 cup eggs	237 ml	=	4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	=	¼ pound	114 g
1 envelope of gelatin (unflavored)		=	¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	=	½ pound	227 g
1 medium lemon (juice)		=	1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	=	¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	l

To Remove STAINS *From Washables*

ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 min.; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda.
NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

DYE

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover.
CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

To Remove STAINS *From Washables*

EGG

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

FRUIT AND FRUIT JUICES

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

GRASS

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

GREASE, OIL, TAR

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

INK—BALL-POINT PEN

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

INK—FOUNTAIN PEN

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.

If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains. *CAUTION:* HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.

NOTE: Mildew is very hard to remove; treat promptly.

To Remove STAINS *From Washables*

MILK, CREAM, ICE CREAM

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

NAIL POLISH

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

PAINT

—oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

—water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

PERSPIRATION

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

RUST

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

SCORCH

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

CAUTION: Severe scorching cannot be removed because of fabric damage.

SOFT DRINKS

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

TEA

Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

Words

The six most important words in the English language:
I admit I made a mistake.
The five most important words: You did a good job.
The four most important words: What is your opinion?
The three most important words: If you please.
The two most important words: Thank you.
The one most important word: We.
The one least important word: I.

More Words

Happiness is like potato salad — when you share it with others, it's a picnic.

Just about the time you think you can make ends meet, somebody moves the ends.

Be careful how you live — you may be the only bible some people read.

A recipe that is not shared with others will soon be forgotten but when it's shared, it will be enjoyed by future generations.

Birthdays

Monday's child is fair of face,
Tuesday's child is full of grace,
Wednesday's child is loving and giving,
Thursday's child works hard for a living,
Friday's child is full of woe,
Saturday's child has far to go,
But the child that is born on the Sabbath day
Is brave and bonny, and good and gay.

PERPETUAL CALENDAR

SHOWING THE DAY OF THE WEEK FOR ANY DATE BETWEEN 1700 AND 2499

Table of Dominical Letters

Year of the Century * Denote Leap-Years				Centuries			
				1700, 2100	1800, 2200	1900, 2300	2000, 2400
0	*28	*56	*84	C	E	G	A
1	29	57	85	B	D	F	G
2	30	58	86	A	C	E	F
3	31	59	87	G	B	D	E
*4	*32	*60	*88	E	G	B	C
5	33	61	89	D	F	A	B
6	34	62	90	C	E	G	A
7	35	63	91	B	D	F	G
*8	*36	*64	*92	G	B	D	E
9	37	65	93	F	A	C	D
10	38	66	94	E	G	B	C
11	39	67	95	D	F	A	B
*12	*40	*68	*96	B	D	F	G
13	41	69	97	A	C	E	F
14	42	70	98	G	B	D	E
15	43	71	99	F	A	C	D
*16	*44	*72		D	F	A	B
17	45	73		C	E	G	A
18	46	74		B	D	F	G
19	47	75		A	C	E	F
*20	*48	*76		F	A	C	D
21	49	77		E	G	B	C
22	50	78		D	F	A	B
23	51	79		C	E	G	A
*24	*52	*80		A	C	E	F
25	53	81		G	B	D	E

Month					Dominical Letter						
January, October					A	B	C	D	E	F	G
Feb., Mar., Nov.					D	E	F	G	A	B	C
Jan., Apr., July					G	A	B	C	D	E	F
May					B	C	D	E	F	G	A
June					E	F	G	A	B	C	D
February, August					C	D	E	F	G	A	B
Sept., Dec.					F	G	A	B	C	D	E
1	8	15	22	29	Su	Sa	F	Th	W	Tu	M
2	9	16	23	30	M	Su	Sa	F	Th	W	Tu
3	10	17	24	31	Tu	M	Su	Sa	F	Th	W
4	11	18	25		W	Tu	M	Su	Sa	F	Th
5	12	19	26		Th	W	Tu	M	Su	Sa	F
6	13	20	27		F	Th	W	Tu	M	Su	Sa
7	14	21	28		Sa	F	Th	W	Tu	M	Su

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries,* will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper Day of the Month and at the intersection you will find the Day of the Week.

In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For *January 1, 1876*, the Dominical Letter is "A." Under

FIRST AID FOR POISONING

In ALL cases it is important to get the poison out or to dilute the poison. REMEMBER — If anyone swallows poison it is an emergency. (Any non-food substance is a potential poison). Always call for help promptly.

CALL YOUR PHYSICIAN OR POISON CENTER PROMPTLY

SWALLOWED POISONS

1. **Make patient vomit, if so directed, BUT NOT IF:**
    - **Patient is unconscious or is having fits.**
    - **Swallowed poison is a strong corrosive such as acid or lye. Give liquids.**
    - **Swallowed poison contains kerosene, gasoline, lighter fluid, furniture polish or other petroleum distillates (unless it contains dangerous insecticides as well, which must be removed). Give liquids.**
2. **Directions for making patient vomit (if physician orders):**
    - **Give one tablespoonful (one-half ounce) of Syrup of Ipecac for child one (1) year of age, plus at least one cup of water. If no vomiting occurs after 20 minutes, this dose may be repeated one time only.**
    - **If no Syrup of Ipecac is available, give water and then try to make patient vomit by gently tickling back of throat with spoon or similar blunt object. Place patient in spanking position when vomiting begins.**
3. **Do not waste time waiting for vomiting, but transport patient, if indicated, to a medical facility. Bring package or container with intact label and any vomited material.**

EYE OR SKIN CONTACT — Wash thoroughly with tap water.

INHALATION — Remove from exposure to fumes.

CALL FOR HELP PROMPTLY

These common household substances are poisonous:

Group 1

Induce Vomiting

alcohol
ammonia
bleaches
cosmetics (including nail
    polish, hair sprays, and
    permanent wave solutions)
detergents
fertilizers

Group 2

Do Not Induce Vomiting

fuel oils
furniture polishes and waxes
kerosene, gasoline, lighter fluid
lye and other caustics
paint removers
paints
paint thinners, turpentine
pesticides

FIRST AID IN HOUSEHOLD EMERGENCIES

POISONING: When a poison has been taken nternally, start first aid at once. Call doctor immediately.

- *Dilute* poison with large amounts of liquids — milk, or water.
- Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.
- For acid poisons do not induce vomiting, but neutralize with milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
- For alkali poisons such as lye or ammonia, do not induce vomiting.
- Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.
- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
- If breathing stops, give artificial respiration.

SHOCK: Shock is brought on by a sudden or severe physical injury or emoional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call ambulance immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down, preferably with head lower than body.
- Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person. Patient must be alert.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.
- Fainting is most common and last form of shock. Patient will respond in 30-60 seconds by merely allowing patient to lie head down if possible on floor.

FRACTURES: Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

BURNS: Apply or submerge the burned area in cold water. Apply a protective dry sterile cloth or gauze dry dressing if necessary. Do not apply grease or an antiseptic ointment or spray. Call doctor and keep patient warm (not hot) with severe burns.

- If burn case must be transported any distance, cover burns with clean cloth.
- Don't dress extensive facial burns. (It may hinder early plastic surgery.)

WOUNDS: Minor Cuts—Apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor. **Puncture Wounds**—Cover with sterile gauze and consult doctor immediately. Serious infection can arise unless properly treated.

ANIMAL BITES: Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an antiseptic approved by your doctor and cover with sterile gauze compress. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

HEAT EXHAUSTION: Caused by exposure to heat or sun. Symptoms: Pale face, moist and clammy skin, weak pulse, subnormal temperature, victim usually conscious.

Treatment: Keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (1 tsp. salt to 1 glass water) ½ glass every 15 minutes. Call doctor.

GENERAL DIRECTIONS FOR FIRST AID

1. Effect a prompt rescue.
2. Maintain an open airway.
3. Control severe bleeding by direct pressure over bleeding site. No tourniquet.
4. Give First Aid for poisoning.
5. Do not move victim unless it is necessary for safety reasons.
6. Protect the victim from unnecessary manipulation and disturbance.
7. Avoid or overcome chilling by using blankets or covers, if available.
8. Determine the injuries or cause for sudden illness.
9. Examine the victim methodically but be guided by the kind of accident or sudden illness and the need of the situation.
10. Carry out the indicated First Aid.

Where to look in the Bible

when

Anxious for dear ones—*Ps. 121; Luke 17.*

Business is poor—*Ps. 37, 92; Eccl. 5.*

Discouraged—*Ps. 23, 42, 43.*

Everything seems going from bad to worse—*II Tim. 3; Heb. 13.*

Friends seem to go back on you—*Matt. 5; I Cor. 13.*

Sorrow overtakes you—*Ps. 46; Matt. 28.*

Tempted to do wrong—*Ps. 15, 19, 139; Matt. 4; James 1.*

Things look "blue"—*Ps. 34, 71; Isa. 40.*

You seem too busy—*Eccl. 3:1-15.*

You can't go to sleep—*Ps. 4, 56, 130.*

You have quarreled—*Matt. 18; Eph. 4; James 4.*

You are weary—*Ps. 95:1-7; Matt. 11.*

Worries oppress you—*Ps. 46; Matt. 6.*

If you

Are challenged by opposing forces—*Eph. 6; Phil. 4.*

Are facing a crisis—*Job 28:12-28; Prov. 8; Isa. 55.*

Are jealous—*Ps. 49; James 3.*

Are impatient—*Ps. 40, 90; Heb. 12.*

Are bereaved—*I Cor. 15; I Thess. 4:13-5:28; Rev. 21, 22.*

Are bored—*II Kings 5; Job 38; Ps. 103, 104; Eph. 3.*

when

Desiring inward peace—*John 14; Rom. 8.*

Everything is going well—*Ps. 33:12-22; 100; I Tim. 6; James 2:1-17.*

Satisfied with yourself—*Prov. 11; Luke 16.*

Seeking the best investment—*Matt. 7.*

Starting a new job—*Ps. 1; Prov. 16; Phil. 3:7-21.*

You have been placed in a position of responsibility—*Joshua 1:1-9; Prov. 2; II Cor. 8:1-15.*

Making a new home—*Ps. 127; Prov. 17; Eph. 5; Col. 3; I Peter 3:1-17; I John 4.*

You are out for a good time—*Matt. 15:1-20; II Cor. 3; Gal. 5.*

Wanting to live successfully with your fellowmen—*Rom. 12.*

to find

The Ten Commandments—*Exo. 20; Deut. 5.*

The Shepherd Psalm—*Ps. 23.*

The Birth of Jesus—*Matt. 1, 2; Luke 2.*

The Beatitudes—*Matt. 5:1-12.*

The Lord's Prayer—*Matt. 6:5-15; Luke 11:1-13.*

The Sermon on the Mount—*Matt. 5, 6, 7.*

The Great Commandments—*Matt. 22:34-40.*

The Great Commission—*Matt. 28:16-20.*

The Parable of the Good Samaritan—*Luke 10.*

The Parable of the Prodigal Son—*Luke 15.*

The Parable of the Sower—*Matt. 13; Mark 4; Luke 8.*

The Last Judgment—*Matt. 25.*

The Crucifixion, Death and Resurrection of Jesus—*Matt. 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John, Chapters 13 to 21.*

The Outpouring of the Holy Spirit—*Acts 2.*

If you

Bear a grudge—*Luke 6; II Cor. 4; Eph. 4.*

Have experienced severe losses—*Col. 1; I Peter 1.*

Have been disobedient—*Isa. 6; Mark 12; Luke 5.*

Need forgiveness—*Matt. 23; Luke 15; Philemon.*

Are sick or in pain—*Ps. 6, 39, 41, 67; Isa. 26.*

when you

Feel your faith is weak—*Ps. 126, 146; Heb. 11.*

Think God seems far away—*Ps. 25, 125, 138; Luke 10.*

Are leaving home—*Ps. 119; Prov. 3, 4.*

Are planning your budget—*Mark 4; Luke 19.*

Are becoming lax and indifferent—*Matt. 25; Rev. 3.*

Are lonely or fearful—*Ps. 27, 91; Luke 8; I Peter 4.*

Fear death—*John 11, 17, 20; II Cor. 5; I John 3; Rev. 14.*

Have sinned—*Ps. 51; Isa. 53; John 3; I John 1.*

Want to know the way of prayer—*I Kings 8:12-61; Luke 11, 18.*

Want a worshipful mood—*Ps. 24, 84, 116; Isa. 1:10-20; John 4:1-45.*

Are concerned with God in national life—*Deut. 8; Ps. 85, 118, 124; Isa. 41:8-20; Micah 4, 6:6-16.*

courtesy American Bible Society

Favorite Family Recipes

Expression of Appreciation

The Women's Division, Order Sons of Italy in America, Grand Lodge of Pennsylvania wishes to thank all who have helped in the preparation of this cook book by way of sharing their favorite recipes with us. We hope that everyone has as much fun using it as we have had putting it together for you.

We have endeavored to combine the practical with the unusual in order to provide an outstanding book of favorite foods that will be treasured and enjoyed by all.

APPETIZERS, PICKLES, RELISH

SOUPS, SALADS, DRESSINGS, SAUCES

MAIN DISHES— MEAT, SEAFOOD, POULTRY

MAIN DISHES— EGG, CHEESE, SPAGHETTI, CASSEROLE

VEGETABLES

BREAD, ROLLS, PIES, PASTRY

CAKES, COOKIES, ICINGS

DESSERTS

CANDY, JELLY, JAM, PRESERVES

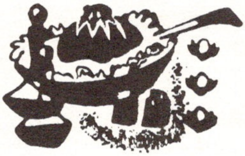
BEVERAGES, MISCELLANEOUS

A PERSONALIZED COOK BOOK
IS A GIFT THAT'S APPRECIATED
FOR ALL OCCASIONS

ORDER SEVERAL
FOR GIFTS
WHILE THEY ARE STILL AVAILABLE

Soups, Salads, Sauces & Dressings

Salads and Salad Dressings



For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit Combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Fruit and Vegetable Combinations

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

Vegetable Combinations

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.

SOUPS, SALADS, SAUCES, DRESSINGS

EGG BALLS IN BROTH

Marie Scarsellato Rybacki
Lodge 758

4 eggs
4 Tbsp. grated parmesan cheese
2 tsp. finely cut fresh parsley
4 Tbsp. (1/2 stick) softened butter
dash black pepper
1/2 tsp. salt
1 c. bread crumbs
6 c. chicken soup

Beat eggs, mix with grated cheese, parsley, softened butter, pepper and salt. Add enough crumbs to hold mixture together. Using spoon and fingers shape into balls about 3/4" thick. If too sticky to handle, dip fingers in extra crumbs.

Drop balls a few at a time into boiling broth. When they come to the surface let broth boil 5 minutes longer. Ladle broth into warm cups, spoon a few balls into each serving. Top with more cheese. Serves six.

SCARPELLE

Gerarda Acchione
John B. Acchione #311

4 eggs
1 c. milk
1 c. flour
1/2 c. melted butter
1 tsp. salt
grated macaroni cheese

Mix all ingredients together except the cheese. Drop batter by spoonfuls on a hot greased small frying pan or crepe pan, spreading thinly. When cakes are bubbly, turn them on the other side. These do not have to be brown. Sprinkle each crepe with the grated cheese and roll tightly. These may be frozen before sprinkling the cheese.

To Serve:
Have your favorite chicken broth very hot, almost boiling, put the desired amount of crepes in a dish and pour the hot soup over it.

CHICKEN SOUP - ITALIANO - LOW CALORIE

Michael W. Cervone
Betty Ann Cervone
Giulio Cesare Lodge #612

1 egg
1 oz. parmesan cheese - grated
1 slice of white bread make into bread crumbs
pinch of pepper
2 envelopes of chicken broth (bouillon)
1 thin slice of lemon rind - just skin

Boil water and lemon rind. Add chicken bouillon. In a separate dish, mix egg, cheese, pepper and bread crumbs.

When chicken soup comes to a boil, add egg mixture, stirring constantly until soup comes to a second boil. (Egg should appear scrambled). Remove lemon rind before serving.

Makes 1 serving.

ITALIAN CAPPELLITTI SOUP (Little Hats)

Elizabeth Pipik
Rosa Garibaldi Lodge

Stuffing:
1 Tbsp. parsley
1 onion, chopped
2 Tbsp. olive oil
2 lbs. ground beef
1/2 c. bread crumbs
pinch of nutmeg
dash of salt
pinch of pepper
1/2 c. grated parmesan cheese
1 whole egg

Brown parsley and onion in olive oil. Add meat and simmer until brown. Add bread crumbs, nutmeg, salt and pepper and simmer 15 minutes. Lower heat. Add cheese and whole egg. Let cool.

Pasta:
6 c. flour
6 whole eggs
pinch of salt
1 c. lukewarm water

Place flour in bowl. Beat eggs slightly and stir into flour. Add salt. Gradually add enough water to form a firm dough. Knead well until smooth. Cut dough into long thin strips on lightly floured board. Dough should be about 4" wide. Space 1 tsp. stuffing along center of strip. Fold one side over and cut into individual squares. Press edges gently but firmly to prevent filling from falling out. Fold up dough section only of the square on one side on your finger. Twist to form a hat. Place in boiling chicken broth and cook until tender. Serve as soup.

CAPELETTI

Gema Chesan

Filling:
1 small onion, chopped
butter
1/2 lb. ground beef or veal
1 box frozen chopped spinach
2 eggs
3 Tbsp. Romano cheese, grated
1/2 c. seasoned bread crumbs

Dough:
4 c. flour
4 eggs
1/4 salt

Phila. Pa. 1029C

Saute onions in butter. Add meat and brown. Add spinach and when cooled, add eggs, cheese and bread crumbs.

Mix dough as for noodles. Add water, if needed. Roll and cut into 2" rounds. Place a small amount of filling on each round and fold in half. Seal edges. Fold again to form a little hat.

Boil in chicken broth.

CAPELLETTI

Mrs. Rocco Graziano
Alpine Star Lodge

Dough:
3 eggs
3 c. flour
pinch of salt

Filling:
1/2 breast of a 4 lb. chicken
2/3 c. ricotta cheese
2 Tbsp. parmesan cheese
2 egg yolks
1 egg white
1/8 tsp. nutmeg
1/8 tsp. grated lemon peel
salt and pepper to taste

Mix ingredients for dough. Roll thin and cut into strips. Mix all ingredients for filling into a smooth paste. Fill dough and fold. Press with fork to seal edges.

Bring 3 qts. chicken broth to boil. Add capelletti. Cook 15 to 20 minutes.

MY GRANDMOTHER'S EASTER SOUP (Traditional Sicilian)

Joseph H. Prevety
Commonwealth Lodge

3 c. chicken broth
1 c. water
1/2 lb. ground beef or veal
1 egg
1 Tbsp. parsley, chopped
2 tsp. grated Romano Cheese
1/3 c. bread crumbs
1/2 tsp. salt
1/8 tsp. pepper
1/4 c. water (scant)
3 eggs
1/2 lb. ricotta
1 Tbsp. parsley chopped
1 Tbsp. grated Romano Cheese
1/2 tsp. salt
1/4 tsp. pepper

Put broth and water into a 10 c. saucepan over medium heat. Mix next 8 ingredients together and form into small meat balls (1" size) and drop into boiling liquid. Let simmer 3/4 hr. In a small mixing bowl, beat eggs, add ricotta, romano cheese, salt and pepper, blend well, stir in parsley and fold into boiling mixture. Simmer 10 minutes longer, making sure to loosen by slipping a spoon into bottom of pan once or twice during the 10 minute period.

ESCAROLE AND BEEF SOUP - LOW CALORIE

Mr. and Mrs. Michael W. Cervone
Giulio Cesare Lodge #612

- 1 beef bouillon (envelope)
- 1 chicken bouillon (envelope)
- 12 oz. water
- 1/2 c. escarole
- 6 oz. ground beef
- dash of garlic salt
- dash of salt
- dash of crushed hot pepper seasoning (optional)
- 1 slice of bread (make into bread crumbs)

In a bowl, mix ground beef, bread crumbs, parsley and garlic salt. Make mixture into small meatballs. Broil meatballs. Weigh, to be sure not more than 4 oz. after cooking.

Cut escarole and cook in salted water for 20 to 30 minutes. Drain, then chop escarole, fine enough for soup.

Put 12 oz. of water in a pan. Bring water to a boil, then add both packages of bouillon. Sprinkle hot pepper seasoning if desired.

Combine meatballs, escarole and bouillon mixture. Let set in pot for 1/2 hr. for flavor to blend. Serve hot.

Makes 1 serving.

LENTIL SOUP

Madeline Pontarelli
Greater Northeast Women's Lodge

- 1 c. lentils
- 1/2 c. chopped onion
- 3 carrots, diced
- 1 small can tomatoes
- 1/2 c. sliced pepperoni
- salt and pepper
- 1/4 c. oil

Cover lentils with water, bring to a boil and drain. Place the lentils back in pot and cover with fresh water. Add all the ingredients and cook about 1 1/2 hrs. slowly with the lid on pot.

MEAT BALL SOUP

Mrs. Joseph Bonatista

- 1 lb. cubed beef
- 1/2 lb. ground beef
- 1 onion, chopped
- 3 stalks of celery, diced
- 3 Tbsp. oil
- 1/4 c. flavored bread crumbs
- 2 eggs
- 4 Tbsp. milk
- 1/2 c. Rosemarie macaroni
- 1/2 lb. thin spaghetti

In a large pot brown beef cubes in oil. Add onion, salt and pepper to taste and celery. Add water (about 2 qts.) and cook slowly about 2 hrs. Make 1" meatballs with the mixture of ground beef, bread crumbs, milk and eggs.

Drop meatballs into broth adding Rosemarie macaroni and cook one hr.

Break thin spaghetti into small 1" pieces and cook a few min., drain. Add thin spaghetti to the broth and simmer 20 minutes. Top with grated cheese when serving.

MINESTRONE DI CASA

Lena Campbell
Enrico Fermi Lodge

1 onion, sliced
3 potatoes, diced
1/2 c. olive or Mazola oil
1 small can tomato sauce
salt and pepper to taste
1 c. cold water
3 qts. water
1 c. celery, diced
2 carrots, diced
1 pkg. frozen peas
3/4 lb. Ditalini pasta
1/2 c. grated cheese

In saucepan saute onions and potatoes in hot oil about 10 min. Add tomato sauce, salt and pepper. Simmer 3 minutes. Add 1 c. of cold water, cover and cook slowly about 15 minutes.

In separate pot bring 3 qts. of water to boiling. Add celery and carrots. Cook about 10 minutes. Defrost peas in a strainer by rinsing in lukewarm water. Add to celery and carrots. Cook for 5 minutes more until all vegetables are tender.

Add all sauteed vegetables and Ditalini. Cover and cook 20 minutes. Serve hot with grated cheese. Serves six to eight.

SUPA DI SPINACI CON RISO

Lena Campbell
Enrico Fermi Lodge

2 qts. water
1 lb. lean beef
1 veal or beef bone
1/2 large onion, halved
1 stalk celery, diced
1 can tomato paste
1 large carrot, diced
salt and pepper to taste
1 c. chopped spinach, cooked
1 Tbsp. olive oil
1 c. rice, cooked
1/4 c. grated parmesan cheese

Place all ingredients except spinach, oil, rice and cheese in a large pot. Cover and cook for 2 hrs. over a low flame. Strain broth and vegetables.

Saute spinach in olive oil for 2 minutes. Add rice and mix. Add this mixture to broth and strained vegetables. Cook 3 min. Serve hot with grated cheese. Serves 3 or 4.

ZUPPA DI SPINACI (SPINACH SOUP)

Rose Di Marco
Judge Montemuro Lodge

2 lbs. fresh spinach shredded or
2 pkg. chopped spinach
1/4 c. olive oil
1 tsp. salt
1/4 tsp. black pepper
1/2 tsp. nutmeg
4 eggs
1/3 c. grated parmesan cheese
2 qt. boiling chicken broth

Cook spinach in 1 c. boiling broth for 5 minutes. Drain spinach and return the liquid to the remaining broth. Heat oil in a large skillet or soup kettle. Add spinach, salt, pepper and nutmeg. Cook over low heat for 2 minutes, stirring constantly. Remove from heat. Beat eggs with cheese well. Add the spinach and mix well. Slowly pour the boiling broth over the spinach mixture, stirring gently for 2 minutes. The eggs will curdle and thicken the soup. Serve hot.

SPINACH AND EGG SOUP (MINESTRA DI DUE COLARI)

Joanne Lacovara
Judge Montemuro Lodge

1 qt. soup stock
1/3 c. flour
4 Tbsp. butter
1 pt. hot milk
dash of nutmeg
pinch of salt
3 eggs
2/3 c. grated parmesan cheese
1 lb. cooked spinach

Blend flour with melted butter, stir in hot milk, salt and nutmeg, work with a wooden spoon into a smooth paste over a low fire. Remove and cool. Stir in eggs and cheese.

Drain spinach and rub through a sieve; combine spinach with half the paste.

Drop a tsp. of spinach paste and a tsp. of egg paste alternately into the boiling soup stock. Serves four.

TANGY TOMATO RICE SOUP - LOW CALORIE

Mr. and Mrs. Michael Cervone
Giulio Cesare Lodge #612

12 oz. tomato juice
1 c. (cooked) enriched rice
1 envelope beef bouillon
8 oz. boiling water
1 stalk celery (cut into small pieces)
1 1/2 tsp. onion flakes
dash of oregano
dash of garlic salt
pinch of hot pepper (optional)

Cook rice in a separate pan and set aside. Mix beef bouillon in 8 oz. of boiling water and set aside.

Put 12 oz. tomato juice in a saucepan. Add spices and simmer. Stir in mixed bouillon. Add cut celery, rice and cook at a simmer until celery is tender. Makes 2 servings.

ITALIAN WEDDING SOUP

Sandy Nestico

3 lbs. chicken
6 pieces celery, cut into
small pieces
2 tsp. salt or to taste
6 eggs, hard boiled
1/2 lb. acinidi pepper
(No. 27 macaroni)
2 eggs
flour
oil
1/2 lb. hamburger
1/2 c. water
1 egg
1/2 c. bread crumbs
1/4 c. cheese
1 tsp. cheese
1 tsp. parsley
1/2 tsp. salt
pinch black pepper

Boil 6 to 8 qts. of water. Add the chicken, celery and salt. Cook over med. heat for 1 1/2 hrs.

Meanwhile chop hard-cooked eggs. Cook macaroni in boiling water for 10 minutes, then drain. Combine eggs and enough flour to make a dough. Roll in long strips and cut into small pieces. Fry dough pieces in hot oil until browned. Combine remaining ingredients and roll to form small balls. Fry meatballs in hot oil.

Remove chicken from water and add chopped eggs, macaroni, dough pieces and meatballs. Cut chicken into small pieces and add to the soup. Serve immediately. Serves 8 to 12.

ITALIAN WEDDING SOUP

Dorothy M. Capo
Divina Madre Lodge

Chicken stock
2 1/2 c. escarole, cut
1/2 lb. ground chuck
1/4 lb. ground veal
1 c. Italian cheese, grated
3/4 c. bread crumbs
1/4 c. fresh parsley
1 large egg
pastina
Italian cheese
eggs

Prepare chicken stock. Add escarole. Mix next 6 ingredients and form into tiny meat balls. Drop into boiling stock. Add pastina. Mix a batter of eggs and Italian cheese. Add to boiling soup drop by drop for an even distribution.

PANE DI SPAGNE (Croutons for Wedding Soup)

Betty Toroni
Upper Darby Lodge

4 eggs
3 Tbsp. of water
3/4 c. flour
1 pinch of salt
1/2 tsp. baking powder

(Cont.)

Beat together eggs and water. Add flour, baking powder and salt. Dough will be sort of runny. Place in well greased cookie sheet. Bake at 350 degrees until golden brown. Let cool for 10 minutes. Cut in 1" cubes. Add this to your chicken soup which you have added little meat balls and chopped escarole about 10 minutes before serving.

PASTA E FAGIOLI

Anthony R. Barone
Vince Lombardi Lodge

1 1/2 c. dried navy beans
salt
1/2 lb. small shell macaroni
3 Tbsp. olive oil
1 large onion, chopped
1 c. sliced carrots
1 c. chopped celery

1 clove garlic, crushed
2 c. diced, peeled tomato
1 tsp. dried sage leaves
1/2 tsp. dried oregano leaves
1/4 tsp. pepper
chopped parsley
grated parmesan cheese

In a large bowl, combine beans with 6 c. cold water. Refrigerate overnight. Next day, turn beans and water into 6 qt. kettle. Add 1 1/2 tsp. salt.

Bring to a boil, reduce heat, and simmer covered, about 3 hrs. or until beans are tender. Stir several times during cooking, drain, reserving liquid (there will be about 2 1/4 cups).

Cook macaroni. Heat oil in large skillet, saute onion, carrot, celery and garlic, covered until soft (about 20 minutes). Do not brown. Add tomato, sage, oregano, 1/4 tsp. salt and the pepper. Cover, cook over med. heat, 15 minutes.

In large saucepan or kettle combine beans, macaroni and sauteed vegetables. Add 1 1/2 c. reserved bean liquid. Bring to a boil, cover, simmer 35 to 40 minutes, stirring several times and adding more bean liquid if needed. Add salt and pepper if needed.

Place in serving dish and sprinkle with parsley and cheese.

ANCHOVY SALAD

Anne Marie D'Ambrosio

2 cans anchovy filets, drained
1/4 c. diced, pickled beets
2 Tbsp. finely chopped green pepper
1 Tbsp. finely chopped onion
1 Tbsp. drained capers
2 Tbsp. olive or salad oil
4 Tbsp. red wine vinegar

1/2 tsp. sugar
1/2 tsp. dried oregano leaves
dash of pepper
crisp chicory leaves
5 hard cooked egg wedges
whole pickled beets
drained capers

In bowl combine anchovies, diced beets, green peppers, onion and 1 Tbsp. capers.

In jar with tight-fitting lid, combine oil, vinegar, sugar, oregano, pepper; shake vigorously. Pour over anchovy mixture and toss.

Refrigerate, covered at least 2 hours. To serve spoon chicory on serving plate. Garnish with egg, beets, and capers.

ANTIPASTO SALAD

Flora Evangelisto
Altoona City Lodge

1 head romaine, washed and chilled
1 head lettuce, washed and chilled
6 oz. sliced Mozzarella Cheese
6 oz. sliced salami
1 can tuna (about 7 oz.)
1/2 c. sliced radishes
1/2 c. sliced green onions
6 cherry tomatoes
6 ripe olives
anchovy salad dressing

ANCHOVY SALAD DRESSING

Flora Evangelisto
Altoona City Lodge

1 c. evaporated milk
1/2 c. salad oil
1/4 c. wine vinegar
1/4 tsp. pepper
1 tsp. salt
dash garlic powder
1/4 c. chopped parsley
2 cans flat anchovies (2 oz. each)

Place all ingredients in electric blender for a few seconds until smooth. Chill and serve on lettuce.

ANTIPASTO ROMANO

Rose Apite
Northeast Lodge #610

1 med. size can of tuna
2 c. diced celery
2 cucumbers
2 large tomatoes
1 med. size jar of sweet gherkins
1 small can anchovies
1 small jar of pimentos
1 can pitted black olives

Use glass pie plate or shallow bowl.

Line bottom of plate with tuna fish. Layer the next four ingredients in the order they are given. Sprinkle a little salt, a little oil and most of the gherkin juice.

Garnish top with strip of pimento and anchovies. Put olives around the plate and in the center.

Will average 8 to 10 servings.

BACALA SALAD

Thamisn Quattrone
Amelia Erhart Lodge

You can use the dried fillet of cod or in some markets, you can buy the cod fish already soaked.

- 2 or 3 lbs. of fillet of cod fish
- 2 Tbsp. vegetable oil
- pinch of salt
- 1 clove of garlic, chopped fine
- juice of 2 lemons
- few springs of parsley and celery, chopped small
- some black olives

Soak fillet of cod in cold water over night or until soft. Parboil for about 18 to 20 minutes until tender or flaky. Drain and allow fish to cool. Break into small pieces. Place in a bowl. Add the celery, parsley, the oil, lemon juice, and garlic and mix well. Pour over the fish. Stir but be sure not to crush the fish. Serve.

THREE BEAN SALAD

Christine Sementelli
Alpine Star Lodge

- 1 can cut green beans
- 1 can wax beans
- 1 can red kidney beans
- 1 green pepper, finely chopped
- 1 med. onion, finely chopped
- 1/2 c. salad oil
- 2 Tbsp. pimento, chopped
- 1/4 c. sugar
- 2 tsp. salt
- 1/2 tsp. pepper
- 1/2 c. vinegar

Drain beans, toss with green peppers, onion and pimento. Mix remaining ingredients and pour over vegetables. Cover and refrigerate several hours. Drain before serving.

ITALIAN STRING BEAN SALAD

Rose Pontuto
Upper Darby Lodge #1973

- fresh or canned string beans
- salt
- black pepper
- minced garlic
- oregano
- mint (optional)
- oil (preferably olive oil)
- vinegar (optional)
- parsley

If using fresh string beans, clean and boil for about 25 minutes. Drain and while still warm, add all seasonings and oil and vinegar.

Chill before serving, or might also be served at room temperature.

MUSHROOM SALAD

Antoinette Umile
Northeast Lodge

1 c. sliced sweet pickled peppers
2 c. sliced boiled mushrooms
1/2 c. diced celery
1 large clove garlic (chopped fine)
1/2 c. sliced stuffed Spanish olives
1/4 c. olive oil
1 tsp. oregano
salt to taste

Blena and let marinate for several hours before serving. For variety, it can be made with hot cherry peppers or mix hot and sweet together. Serves six people.

FRESH PEPPER SALAD

Gerardo Acchione
Acchione Lodge

6 peppers
3 c. water
1 c. vinegar
fresh parsley
salt to taste
olive oil to taste
garlic clove

Boil the water and vinegar. Place peppers in the mixture and keep turning the peppers as they boil for 3 minutes. Remove peppers and allow to cool. Slice the cooled peppers lengthwise. Add salt, pepper, fresh parsley and olive oil. Toss lightly and serve.

ITALIAN POTATO SALAD

Josephine Rohland
Rosa Garibaldi Lodge

6 med. sized cooked potatoes
1 small onion, chopped fine
1/4 c. chopped parsley
1/4 c. olive oil
1/2 c. wine vinegar
salt and pepper

Cut potatoes into 1/2" slices combine remaining ingredients, pour over potatoes and toss well.

TOMATOES VINAIGRETTE

Peggy Montemuro
Montemuro Lodge #2193

4 large tomatoes, peeled
6 Tbsp. chopped fresh parsley
1 clove garlic, crushed
6 Tbsp. olive oil
2 Tbsp. wine vinegar
1 tsp. salt
1/2 tsp. dried leaf basil or chopped fresh basil

Cut tomatoes into med. slices. Place in a bowl, sprinkle with parsley, mix together garlic, oil, vinegar, salt, basil and pour over tomatoes and parsley. Cover. Chill 3 hrs. or overnight. Makes 4 to 6 servings.

BAGNA CAUDA SAUCE

Louise Giordano
Judge F. J. Montemuro Lodge

- 3 oz. sweet butter
- 5 Tbsp. olive oil
- 1 small can anchovies (drained and chopped fine)
- 2 cloves garlic
- 1 c. heavy cream

Put butter, olive oil, anchovies and garlic in sauce pan, cook gently for about 15 minutes. At last minute, blend in cream. CAUTION: do not let the mixture boil. Transfer to copper pot, serve at once with any raw vegetable.

REAL ITALIAN SPAGHETTI SAUCE

Mary Barber

- 1/2 lb. beef cubes
- 1/2 lb. pork butt
- 1/4 c. oil
- salt and pepper
- onion
- parsley
- Accent
- paprika
- grated roman cheese
- 1 - 30 oz. can tomato sauce
- 1 - 20 oz. can tomato paste
- 1 c. water

Brown meat slowly in oil. Add seasonings to taste. Add sauce, paste and water. Simmer about 1 1/2 hrs.

WHITE CLAM SAUCE

Rosemary Donisi
Judge Montemuro Lodge

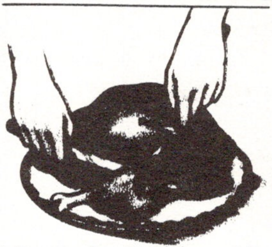
- 1/2 c. olive oil
- 2 cloves garlic, sliced
- 1/2 c. water
- 1/2 tsp. salt
- black pepper to taste
- 2 Tbsp. parsley, chopped
- dash or oregano
- 1 dozen med. sized fresh clams, cut up or 1 - 7 1/2 oz. can minced clams

Heat oil in large, heavy skillet. Add garlic and brown. Be careful not to burn it. When golden brown, remove from oil and discard. Add remaining ingredients and simmer for 15 minutes. Serve at once. Makes about 1 1/2 c. sauce.

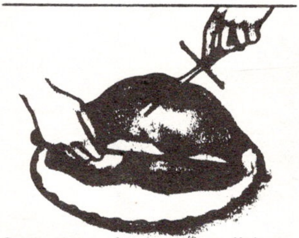
Phila. Pa. 1029C

Main Dishes
Meat, Fish, Poultry

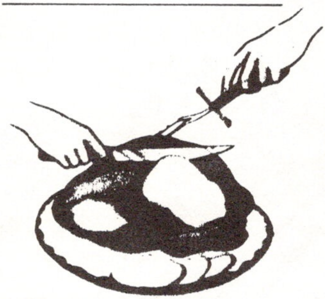
How To Carve Turkey



1. Remove leg: Hold drumstick firmly, pulling gently away from body. Cut skin between leg and body. Press leg downward and cut from body. Separate drumstick and thigh; slice meat from each piece.



2. Cut into white meat parallel to wing, making a cut deep into the breast to the body frame, as close to the wing as possible.



3. Slice white meat. Beginning at front starting half way up breast, cut thin slices of white meat down to the cut. Slices will fall away from turkey as cut. Continue until enough meat has been carved for first servings. Carve more as needed.

Tips
TO THE CARVER

- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.
- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.
- Carving is unduly complicated by a dull knife.
- And remember the first rule of carving . . .

  "Cut across the grain"

  If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

Tips
TO THE HOSTESS

- A large roast can be carved more easily after it stands for about thirty minutes.
- When garnishing, don't be over-generous; leave space for the work to be done.
- Servings cool quickly so plates and platter *must* be heated.
- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.

MAIN DISHES -- MEAT, SEAFOOD, POULTRY

PASTICCIATA - ITALIAN STYLE ROAST BEEF

Bea Simone

3 to 4 lb. eye roast
2 small garlic cloves (cut 6 or 8 slices lengthwise)
6 to 8 whole cloves
chopped parsley
salt and pepper
one 8 oz. glass white wine
2 Tbsp. tomato paste

Oil to cover bottom of pot. Make slits in roast - 4 on top and 4 on bottom. Into slits place 1 piece of garlic, 1 clove and pieces of chopped parsley, salt and pepper. Brown meat in oil until nice and brown. Keep turning so it won't burn. When brown, add wine, lower heat for about 10 minutes. Then add tomato paste and simmer until meat is cooked. If more gravy is needed, add a little water. Slice thin. Return to gravy, but do not boil.

BREADED ROUND STEAK

Dorothy M. Capo
Divina Madre Lodge #1701

2 lbs. round steak cut into serving slices
2 eggs
1/2 tsp. salt
black pepper
1 1/4 c. bread crumbs
3 Tbsp. grated parmesan cheese
1/2 c. fresh parsley
Italian seasoning (optional)

Pound steak and dip into beaten egg, which has been seasoned with salt and pepper; combine bread crumbs, parmesan cheese, parsley, salt, pepper and Italian seasoning.

Remove steak and dip into beaten egg, which has been seasoned with salt and pepper. Combine bread crumbs, parmesan cheese, parsley, salt, pepper and Italian seasoning.

Remove steak from egg mixture. Place in bowl with crumb mixture. Remove from crumb mixture. Either fry, broil, or bake.

POT ROAST ITALIANO

Anne Strollo Cummins
Germantown Lodge #683

3 or 4 lb. beef (chuck, round or rump)
3/4 Tbsp. salt
1/4 tsp. black pepper
1/4 c. flour
1/2 c. water
3 Tbsp. oil
1 or 2 bay leaves
6 potatoes
4 carrots
4 stalks of celery
2 med. onions
1/8 tsp. oregano
1/8 tsp. thyme
1/8 tsp. rosemary

(Cont.)

Dredge meat with flour, then sprinkle with salt and pepper. Brown on all sides in hot oil, add water, cover and cook slowly. Check and add more liquid as it evaporates. Cut pared potatoes into large chunks, cut carrots and celery into 2" pieces and onions in quarters. After meat has cooked approx. 2 1/2 hrs., add 1/4 tsp. of salt and dried herbs along with potatoes, carrots, celery and onions. Add more water if needed. Cook over med. heat until vegetables are tender - about 1 to 1 1/2 hrs. Total cooking time 3 to 4 hours. Serves six.

FILETTO DI MANZO ALA TOSCANA
(BEEF TOURNEDOS WITH MUSHROOMS)

Dario Passaglia

Mushrooms:

1 - 1 1/2 lb. fresh mushrooms
3 - 4 sprigs parsley
4 med. or 6 small shallots
med. sized stalk of celery with leaves
3 cloves garlic
1/2 tsp. thyme
4 leaves dried basil (crushed)
pinch tarragon (use sparingly)
1/2 c. red wine and tepid water
3 c. peeled tomatoes (fresh or canned)
salt and pepper
olive oil

Meat:

8 - 10 slices of tournedos (1/2" slices of filet mignon, flattened with a cleaver)
fresh ground pepper
1/8 c. dry red wine
olive oil

Wash mushrooms thoroughly in cold water. Drain. Finely chop parsley, shallots, celery and garlic cloves together. (this is called a "pesto"). Sprinkle top of chopped vegetables with spices indicated. Coat bottom of heavy skillet of dutch oven with 1/8" olive oil. Saute "pesto" in olive oil until shallots begin to turn translucent. Stir occasionally during this process. Add mushrooms and stir vigorously until mushrooms are coated with "pesto". Simmer until water, which is rendered from mushrooms is reduced by two-thirds. Pour wine and water mixture over mushrooms, allow to reduce by one-half. Puree tomatoes and add to mushroom mixture. Allow to simmer until reduced by two-thirds, about 45 minutes. Mushroom sauce is now ready. This sauce may be made well in advance of the meat.

Season tournedos with salt and pepper, rub with garlic clove. Saute meat in a few drops of olive oil, not more than one to two minutes per side. Remove meat and add wine stirring in the brown bits until wine is reduced by two-thirds.

To the pan, add meat and mushrooms. Bring to simmer for one minute, or just until warm, stirring to prevent sticking. Arrange meat on warm serving platter and arrange mushrooms around and/or on top of meat. Serve immediately. Makes 4 to 5 servings.

BRACIOLA (BEEF ROLLS)

Josephine Barone
Judge Montemuro Lodge

1 1/2 lbs. round steak cut 1/2" thick
salt and pepper
1 clove garlic (chopped fine)
1 hard cooked egg (chopped fine)
1 Tbsp. fresh parsley (chopped)
4 Tbsp. onion (chopped)
1/2 c. soft Italian bread crumbs

Lay out steak flat on working surface. Sprinkle with oil, salt and pepper. Cover steak with the remaining ingredients. Roll up and tie securely. Brown in hot oil on all sides. Place the braciola in your favorite spaghetti sauce and continue cooking until tender. Remove string, slice and serve with favorite pasta.

BEEF STEAK PIZZAIOLA

Susan Biagi

4 small steaks (about 1 lb.)
4 Tbsp. olive oil
1 clove garlic, sliced thinly
1/2 large can Italian peeled tomatoes
1/2 tsp. oregano
salt and freshly ground black pepper to taste

Place 2 Tbsp. olive oil in skillet, brown the steaks for two or three minutes on each side. If you like your steaks well done, brown for five minutes on each side.

In a separate pan, brown the garlic in 2 Tbsp. of olive oil, add the tomatoes, oregano, salt and pepper, and cook briskly for 12 - 15 minutes. Pour sauce over meat and serve hot. Serves 4.

PEPPER STEAK

Irene Crusco
Greater Northeast Women's Lodge

1 1/2 lbs. top beef round or sirloin (1" thick)
1/4 c. oil
1 c. water
1 med. onion (sliced)
1/2 tsp. garlic salt
1/4 tsp. ginger
2 green peppers (3/4" strips)
rice
1 Tbsp. cornstarch
2 to 3 tsp. sugar
2 Tbsp. soy sauce
2 med. tomatoes

Cut meat into strips. Add meat to heated oil. Brown, turning frequently, stir in water, onion, garlic salt and ginger. Heat to boiling. Reduce heat, cover and simmer 12 to 15 minutes (top of round) or 5 to 8 minutes (sirloin). Add green pepper last 5 minutes of simmer.

(Cont.)

Blend cornstarch, sugar and soy sauce. Stir into meat mixture. Cook until mixture thickens and boils, stirring constantly. Boil one minute. Cut tomatoes into eighths and place on mixture. Cover and cook until tomatoes are heated through (about 3 minutes). Serve over cooked rice. Makes 4 or 5 servings.

INVOLTINI DI MANZO (Beef-Mushroom Rolls)

Susan Biagi

1 lb. round steak
1 can - 4 oz., mushrooms
1/4 c. chopped onions
4 Tbsp. olive oil
2 c. soft bread crumbs
1 Tbsp. chopped parsley
1/4 c. flour
1/4 c. water

Have the round steak cut about 1/2" thick. Cut it into six pieces of approximately 3 X 4". Pound these to flatten. Use canned mushroom pieces. Let them and the onion simmer in 2 Tbsp. of olive oil until onion is tender. Add the crumbs, parsley, 1 1/2 tsp. salt, black pepper to taste and 1 tsp. oregano. Mix lightly and then place a spoonful of the mixture on each slice of beef. Roll up and fasten with toothpicks. Combine flour with 1 tsp. salt and pepper; dust beef rolls with it, brown them in remaining 2 Tbsp. olive oil heated in skillet. Add the water, cover pan tightly, set in a slow 330 degree oven and cook about 1 hr., or until meat is tender.

MEAT BALLS (Polpette)

Stella Strollo
Germantown Lodge

1/2 lb. ground beef
1/2 lb. ground pork
1 c. (1 slice) soft bread crumbs
1 Tbsp. grated parmesan cheese
1 Tbsp. minced parsley
1 egg, well beaten
1 tsp. salt
1/4 tsp. pepper

Mix lightly, shape meat mixture into balls. Heat in skillet 2 Tbsp. olive oil. Add meat balls and brown on all sides, turning occasionally. Pour off fat as it collects. Remove meat balls from skillet. Add meat balls to favorite Tomato Meat Sauce about 1 hr. before sauce is done.

MEATBALLS

Sylvia Trapuzzano
Divina Madre Lodge

1 1/4 lbs. ground beef
6 slices white bread
  moisten well with water
2 eggs
pinch of oregano
1 tsp. parsley
1 tsp. garlic salt
1/3 c. warm water

Phila. Pa. 102 9C

Mix all together until smooth. Roll into balls, place in spaghetti sauce. Cook over med. heat until done. (Do not stir). Remove and serve.

ENDIVE AND MEATBALLS

Minnie Riccio

1 1/2 lb. endive
1 lb. ground meat
1/2 c. Italian bread crumbs
1 egg
1/2 clove chopped garlic
1/4 c. water
1 large can tomatoes

Mix meat, bread crumbs, egg, garlic and salt and pepper. Make 1" meatballs. Brown in pan.

Add tomatoes and cook at low temperature for one hour. Add cooked endive and simmer 15 minutes more. Serve with grated cheese.

MEAT LOAF WITH RICOTTA

Beatrice Marconi

1 lb. chopped lean beef or
  half beef and half veal
1 c. bread crumbs
3 eggs
4 Tbsp. olive oil
1/2 c. grated Romano Cheese
1 1/2 Tbsp. chopped parsley
1/2 c. water
1 small onion, chopped
3/4 lb. ricotta (Italian cottage
  cheese)
salt and pepper to taste

Mix meat, bread crumbs, water, 1 Tbsp. of parsley, grated cheese, 2 eggs, onion, salt and pepper, very thoroughly.

Mix ricotta, 1 egg, 1/2 Tbsp. parsley and a pinch of salt until well blended.

Brush 10" Pyrex baking dish with 2 Tbsp. oil. Sprinkle lightly with 2 additional Tbsp. of bread crumbs. Place half of meat mixture in dish. Spread ricotta mixture over this and top with balance of meat. Close edges firmly so ricotta does not ooze out. Brush with balance of oil. Bake about 25 minutes in hot oven or until meat is golden brown but not dry and ricotta is firm.

Turn over on heated platter. Slice and serve very hot. Serves six.

ZUCCHINI MEAT LOAF

Rose DiBenedetto
Women's Division

3 small zucchini
2 med. onions
1 Tbsp. salad oil
2 med. size tomatoes
1/4 c. milk
1 tsp. Worcestershire Sauce
1 small garlic, chopped
1/4 tsp. salt
1/4 tsp. pepp
1 lb. grou

1 slice of bread, cubed
1 egg, slightly beaten
1/2 lb. ground pork

Grind the zucchini, tomatoes and onions in a blender, then saute in the salad oil and simmer until tender. Heatthe milk until lukewarm and add cubed bread and let soak in milk for five minutes.

Stir into milk mixture the beaten egg, Worcestershire Sauce, garlic, salt and pepper. Add the sauteed vegetables and blend well. Add ground beef and pork and mix together.

Pack into a 9 X 5" loaf pan. Let stand for at least an hour before baking so the flavors have a chance to blend.

Bake at 350 degrees for 1 1/2 hrs. Let stand for at least five minutes when removed from oven before serving for easier slicing.

STUFFED MEAT ROLL

Mrs. Joseph Kruper
Rosa Garabaldi Lodge

2 lbs. ground chuck
2 eggs
3/4 c. soft bread crumbs
2 Tbsp. basil
1/2 tsp. salt
1/4 tsp. pepper
1 clove garlic, minced
1/2 lb. shredded mozzarella cheese
1/2 lb. Italian prosciutto cut in thin slices

Mix meat, eggs, bread crumbs and seasonings. Put meat on wax paper to resemble a slice of round steak. Leaving a margin around the edges, cover as much as possible of the meat with the ham. On top of the ham, place the cheese. Roll as you would a jelly roll, using the wax paper to help lift. Place the meat roll, with edges sealed, seam side down in a shallow, uncovered baking dish. Bake at 350 degrees for 1 1/2 hrs. Serve plain or with tomato sauce.

CONFETTI BEEF AND MACARONI

Evelyn Lanzi

1 lb. ground beef
1 c. chopped onion
1 c. diced celery
1 - 10 oz. pkg. frozen mixed vegetables
2 - 8 oz. cans tomato sauce with cheese
1/2 c. water
1 tsp. Worcestershire Sauce
1/2 tsp. salt
1/8 tsp. pepper
2 c. cooked macaroni

Brown beef in skillet, add onion, celery and mixed vegetables cooked until onion and celery are tender. Remove fat, add tomato sauce, water, Worcestershire Sauce, salt and pepper. Stir in aroni. M ked in a casserole or simmer on top of stove. utes at 350 degrees. Serves six.

BONELESS LEG OF LAMB

Florence Barattucci
Enrico Fermi Lodge

1 leg of lamb
2 large carrots
2 large stalks of celery
1 large onion
2 large glasses red, dry wine
2 bay leaves
salt and pepper
2 oz. butter

Have butcher bone leg of lamb. Place in roaster, fat side down. Salt to taste. 1/2 hr. turn fat side up. Add bay leaves. Cook 1 1/4 hours.

Meantime chop vegetables fine. Braise vegetables in shortening. Add 1/4 wine. Cook slowly until tender. Add balance of wine until not boiling. Pour off fat of roast. Baste lamb with part of vegetable stock and wine. Keep basting every 10 or 12 minutes for 30 or 35 minutes with the balance. Meat should be slightly pink in center.

Use wine in pan for sauce. Vegetables can be strained, but they taste better with the wine on the meat.

ABBACCHIO AL FORNO (Roast Lamb with Anchovy Sauce)

Josephine Barone
Judge Montemuro Lodge

4 to 5 lb. leg of lamb boned and trimmed of fat
salt
2 cloves garlic, split lengthwise
1/2 tsp. dried rosemary
pepper
1/2 tsp. dried thyme
1 tsp. dried rosemary
1/2 c. dry white wine
1 clove garlic, crushed
4 - 6 anchovy fillets, chopped
2 Tbsp. finely minced parsley

Preheat oven to 400 degrees. Sprinkle inside of boned lamb with salt and pepper. Place split cloves of garlic end to end in a row down center of meat and sprinkle with 1/2 tsp. dried rosemary and 1/2 tsp. dried thyme. Roll meat together and tie securely. Sprinkle outside of roast with salt, freshly ground pepper and 1 tsp. dried rosemary on all sides. Place in a shallow roasting pan and add 1/4 c. of the wine. Roast for 30 minutes per lb. Baste with drippings. Roast until thermometer registers 180 degrees. Remove roast from pan and let stand 10 minutes.

Make a sauce by skimming off the fat in pan and adding 1/4 c. of white wine, stirring to deglaze pan. Add crushed garlic and bring to a boil. Cook for 2 minutes; reduce heat and add anchovies and parsley. Stir for 1 minute and pour sauce over carved lamb. Serves six.

ROAST PORK LOIN (with ground beef)

Tina Valeo

3 lbs. boned pork loin
Barbeque sauce (any brand)
1/2 lb. ground beef
1/4 tsp. salt
pinch pepper
1/4 c. chopped onion
1 clove garlic, minced
1 c. sliced mushrooms
1/4 c. bread crumbs
1/4 c. parmesan cheese

Lay pork loin out flat - spread with barbeque sauce. Mix the next five ingredients and spread on top. Press mushrooms into this mixture. Sprinkle with bread crumbs and cheese. Roll and tie. Place on rack of shallow pan. Bake at 350 degrees for 2 1/2 hrs., uncovered. Baste with barbeque sauce that last 20 minutes.

PORK CHOPS ala MILANAISE

Evelyn Lanzi

6 pork chops
1/2 tsp. pepper
1/4 tsp. nutmeg
1 tsp. salt
1/2 tsp. paprika
2 Tbsp. flour
2 Tbsp. cooking oil
2 Tbsp. butter

Tomato Sauce:
1/2 c. chopped onion
1/2 c. green peppers
1 No. 2 can tomatoes, drained
1/2 c. dry, red wine (optional)
2 cloves garlic
1 tsp. salt
1/2 tsp. sugar
1/4 tsp. pepper

2 c. macaroni
1/4 c. grated cheese

Sprinkle chops with salt, pepper, paprika and nutmeg. Dust with flour. Heat oil and butter in a heavy skillet and brown chops on both sides. Remove, make sauce in same skillet. Bring sauce to a boil, reduce the heat and add chops. Cook covered for 30 minutes. Meanwhile cook macaroni, toss with cheese. Combine sauce, and macaroni. Place on a platter and top with chops.

PORK CHOPS NEAPOLITAN

Louise Giordano

6 loin pork chops - 3/4" thick
2 Tbsp. olive or salad oil
1 c. chopped onion
1 clove crushed garlic
1 c. (1 lb. 1 oz.) Italian tomatoes, undrained
salt
1/2 tsp. oregano
1/2 tsp. basil
1/8 tsp. black pepper
1 large green pepper cut into six wedges
1 can (4 oz.) button mushrooms, drained

1. Wipe chops with damp paper towels.
2. In hot oil in large skillet, brown chops well on both sides. Remove from skillet.
3. Drain all but 1 Tbsp. dripping from skillet. Add onion and garlic and saute until onion is tender, about 5 minutes. Add tomatoes, salt, oregano, basil and black pepper; mix well, mashing tomatoes with fork.
4. Place pork chops in skillet, arrange green pepper wedges, spoke fashion between chops. Simmer covered 1 1/4 hrs. or until chops are tender. Add mushrooms and simmer five min. longer.

Makes six servings.

SICILIAN VEAL ROAST

Irene Biello
Judge Montemuro Lodge

3 lb. veal roast
1/4 lb. salt pork, chopped
1/4 c. parsley
1/4 tsp. black pepper
1 or 2 stems green peppermint leaves

3/4 c. vinegar
3 Tbsp. oil
1 tsp. salt
dash black pepper

Cut slits all around the top, fill with Locatelli cheese. Add salt pork, parsley and black pepper. Sprinkle meat with salt and pepper and a little oil. Roast for 1 hr. at 350 degrees.

Combine vinegar, oil, pepper, salt and peppermint leaves. Sprinkle roast with this mixture every 20 minutes until done, about 2 hours.

VEAL CHOPS WITH SPAGHETINI

Joanne Strollo
Pres. State Women's Div., O.S.I.A.

4 large veal chops
1/4 c. oil
1/2 tsp. salt
1 clove of garlic

1/4 tsp. black pepper
3 or 4 sprigs fresh parsley or 1/2 tsp. dried parsley
1 lb. spaghetini

Fry chops in hot oil over med. flame, after browned on one side, sprinkle uncooked side with salt, black pepper, finely chopped parsley, and finely chopped garlic, turn and continue cooking. When chops are browned on both sides, add water to cover, and cook over med. flame until chops are tender. If water evaporates, add more and keep warm.

Cook spaghetini according to pkg. directions for al dente. Drain spaghetini, put in large bowl and sprinkle with cheese, and pour sauce from veal chops over it. Serve chops separately.

COTOLETTE DI VITELLA IN UMIDO

(Veal Cutlet Casserole)

Jane Passaglia

1/2 stalk celery
5 - 6 sprigs parsley
4 shallots or 1 small onion
1/4 green pepper
3 cloves garlic
pinch thyme
salt
pepper
4 - 5 leaves crushed dried sage
dash marjoram
olive oil
1/4 c. dry red wine with zest of lemon added
1/4 c. dry white wine
3 c. tomatoes
8 - 12, 1/8" veal cutlets
3 eggs, beaten
bread crumbs
corn oil

Chop vegetables finely and sprinkle top with spices indicated. Saute in olive oil in dutch oven until shallots are translucent. Add 1/3 of the red and white wine mixture and stir until wine is reduced to 1/2 . Repeat with remaining wine mixture. Strain tomatoes and add to pan. Allow to simmer, uncovered for 45 minutes. Stir occasionally. Lightly pound cutlets and cover with bread crumbs. Dip into egg and recover with additional bread crumbs. In heavy skillet, heat oil until very hot. Test oil with drop of egg. When egg begins to skitter, add cutlets (do not overcrowd skillet), lift edge of cutlet to check doneness. When brown, turn over. Remove cutlets from pan and drain thoroughly several times until all oil is removed. Coat bottom of oven glass dish with prepared sauce. Arrange cutlets in dish, spoon remaining sauce over cutlets. Cover dish with aluminum foil. Place in 300 degree F. oven for 40 to 45 minutes. Serve from oven dish. Makes 4 to 5 servings.

VEAL PICANTE

Lorraine Fitzgerald
Judge Montemuro Lodge

1 1/2 lb. veal slices 1/8" thick
1/2 c. flour
6 Tbsp. unsalted butter
1 tsp. salt or to taste
1/2 c. dry white wine
juice of 1/2 lemon
sprigs of parsley
1 lemon

Pound veal slices. Flour slices gently to get as much as possible to adhere to meat.

Melt butter in a large frying pan over med. heat and add veal slices. Turn them when their edges whiten and salt them lightly.

When both sides are done, pour in the wine and let bubble until its vapors cease to tingle the nose.

Add the lemon juice and stir gently with wooden spoon. Taste for both salt and lemon. Sometimes 1/2 lemon is too little for the tang the lemon juice should give to this sauce. If more is desired add and cook a moment more. Serve with sprigs of parsley and lemon slices.

ROSOLINI DI VITELLA (Veal Rollettes) Jennie Di Carlo

2 cloves garlic, chopped
1 Tbsp. grated parmesan cheese
2 tsp. chopped parsley
1/2 tsp. salt
1/4 tsp. pepper
1 1/2 lbs. veal cutlet, 1/2" thick
mozzarella cheese
3 Tbsp. olive oil
1/2 c. melted butter
1/4 c. water

Grease a 2 qt. casserole, having a tight fitting cover. Combine first five ingredients and set aside. Cut veal into 3 X 4" rectangular pieces. Place 1 slice mozzarella cheese on each piece of meat. Top each with 1 tsp. cheese mixture. Roll each piece of veal to enclose mixture and fasten with skewers or tie securely.

Heat olive oil in skillet. Place rolled meat into skillet and brown slowly on all sides. Place meat into casserole. Pour melted butter and water over the meat.

Cover casserole and bake at 300 degrees for about 1 hr. or until meat is tender. Serves four.

VEAL ROLLETTES Mrs. Irma Galzerano

1 1/4 lb. rump of veal
4 oz. prosciutto (Italian ham)
5 Tbsp. olive oil
2 c. canned tomatoes
1 large clove garlic, chopped
1 large onion, sliced
2 Tbsp. chopped parsley
salt and pepper to taste

Have veal sliced very thinly and cut into 3" squares. Chop prosciutto; mix with chopped garlic, parsley, salt and pepper. Place 1 heaping tsp. of mixture and slice of onion on each square; roll carefully and tie with string or fasten with toothpicks.

Pour oil in hot skillet; brown rolls quickly on both sides about 5 minutes. Add tomatoes, cover, cook slowly for 30 minutes. Serve very hot. Serves 4 to 6.

BRACIOLETTINE DI VITELLO (Veal Birds) Rose Zegman

Mt. Pleasant Ladies Lodge

10 small slices veal cutlet, cut thin
1/8 lb. prosciutto (Italian ham) diced
1/8 lb. mozzarella cheese, diced
1/8 lb. provolone cheese, diced
1 tsp. minced parsley
1 Tbsp. grated parmesan cheese
2 egg yolks
1 Tbsp. fine bread crumbs
salt and pepper to taste
olive oil or melted butter

Flatten veal cutlet with a mallet. Mix together remaining ingredients lightly. Distribute mixture equally over the pieces of veal. Roll. Secure with toothpicks or skewers. (Cont.)

Dip each roll in oil or melted butter. Broil until browned. Serve with sliced mushrooms sauteed in additional olive oil or butter and seasoned with parsley and basil.

Yield: 5 servings.

VEAL SMETONA

Louise Liccione

- 12 veal cutlets 1/2" thick
- 1 tsp. salt
- 3 tsp. flour
- 6 Tbsp. margarine
- 1 c. onion, minced
- 1 lb. mushrooms
- 3 Tbsp. brandy
- 1 c. sour cream
- parsley
- lemon slices

Cut the veal into serving pieces. Blend the salt and flour together. Dip the veal into the flour and shake off excess.

Melt the margarine in a skillet and brown the veal scallops about 3 minutes on each side. Do not overcook them. Remove them to a warm platter. Add the onion to the skillet adding a little more margarine if necessary. Saute onions until soft but not brown. Add the sliced mushrooms and saute until tender. Add the brandy and ignite with a match, shake the pan over the heat until the flame is extinguished. That indicates that all the alcohol has burned off. Stir in the sour cream.

Taste for seasoning. Return the scallops to the pan and just reheat them. Do not let the sauce boil.

Serve with garnish of parsley and lemon slices. Serves about six.

VEAL, DANDELIONS AND EGGS

Thamisn Quattrone
Amelia Erhart Lodge

- 1 1/2 to 2 lbs. veal (boneless is the best to use)
- 4 eggs
- 1/4 c. Romano cheese or Parmesan
- 1 small onion, chopped or sliced
- salt and pepper to taste
- dandelions (or you can use escarole endive)

Brown your veal and onion real good. Add salt and pepper to taste, add about 1 1/2 qts. hot water. Use a pan that is at least 3 qts. Let this cook until your veal is almost done. When your water dries, add a little more as you will have to have broth for the dandelions and eggs.

In a large kettle, cook your endive or dandelions, bring water to rapid boil and add salt and greens. Use your judgement on the amount of greens, two large heads of escarole is plenty or a large calender of dandelions would be enough. Do not over cook them, drain and let set for a little while in some cold water.

This takes the bitterness out of the greens. Drain real good and put in with the veal. Beat your eggs, little salt and pepper and cheese real good and add to the veal and greens. Stir and let cook altogether. Your eggs will cook in large pieces with the greens. I like dandelions the best. Do not make this too juicy when it is done, the veal dandelions and eggs should have just a little juice.

VEAL AND ASPARAGUS SPEZZATO

Dorothy Acchione
John B. Acchione #311

- 3 Tbsp. oil
- 2 lbs. veal cubes
- 1 med. size onion
- 1 clove garlic (optional)
- minced parsley
- 1 small can tomatoes
- 1 Tbsp. oil
- 1 lb. fresh asparagus
- 2 eggs
- 2 Tbsp. grated locatella cheese

Brown meat, add salt and pepper to taste in 3 Tbsp. of oil. Chop onion, garlic and parsley and add to the meat. Stir until the onion is slightly cooked. Mash the tomatoes and add to this mixture and let simmer for about 1 hr. Put 1 Tbsp. of oil in a pan and toss asparagus in oil until bright and green. Add the asparagus to meat and mix. Cook for about 20 minutes. Beat the eggs and cheese together and stir into the boiling mixture.

SPETZATTI DI VITILLA

Julia Delguerico
Judge Montemuro Lodge

- 1 lb. veal cubes
- 1 chopped onion
- 5 Tbsp. oil
- pinch salt
- 1 clove garlic
- 1 Tbsp. parsley
- 1 can tomatoes
- 1 c. white wine

Saute veal, garlic and onion in oil. Add tomatoes, parsley, salt and wine. Cook until tender.

PORTAFOZLIO DI VITELLO

Andrea U. Federici

(Stuffed Veal Scaloppine)

- 1 c. mushrooms, thinly sliced
- 2 Tbsp. butter
- salt
- oregano
- 8 veal scaloppine (about 3 oz. each)
- salt and pepper
- flour
- 8 thin slices prosciutto (or ham)
- 8 thin slices Bel Paese cheese
- 3 Tbsp. butter
- 3 Tbsp. margarine
- 1/2 c. beef broth
- 1/4 c. dry white wine
- parmesan cheese

(Cont.)

Saute slowly mushrooms in 2 Tbsp. butter. Sprinkle with salt and oregano. Cook for 10 minutes. Set aside.

Flatten veal scaloppine between sheets of waxed paper, then sprinkle with salt, pepper and flour. Top each scaloppine with a slice of ham and cheese and 1 Tbsp. of the sauteed mushrooms. Fold the veal over the filling, press edges together and secure with skewers. In a large frying pan, large enough to contain stuffed scaloppine in one layer, saute them in 3 Tbsp. each butter and margarine until browned on all sides. Stir in broth and wine. Simmer gently for several minutes until the meat is tender and the sauce reduced.

Transfer meat to a warm platter, remove skewers. Pour sauce over veal and top with parmesan cheese. Serves four.

FEGATO ALLA VENEZIANO

(Liver Venetian Style)

Andrea U. Federici

1 1/2 lbs. calves liver, 1/4" thick	3 Tbsp. butter
salt and pepper	1 med. size onion, thinly sliced
flour	3 Tbsp. white wine vinegar
2 Tbsp. olive oil	parsley
	lemon wedges

Cut liver into 1 X 2" strips. Season with salt and pepper. Dust with flour. Heat olive oil and butter in frying pan. Saute liver over high heat for a few minutes. Remove liver from pan. Saute onion in oil-butter mixture until golden. Add vinegar and cook over high heat several minutes, mixing well to reduce juices. Pour onion and pan juices over the warm liver and sprinkle with freshly chopped parsley. Serve with lemon wedges. Serves 4 to 6.

TRIPE

Anna Gullo

3 lbs. tripe	1/2 c. parsley
1/2 c. oil	1/2 c. chopped celery leaves
1 onion, chopped	salt and pepper to taste
1 clove garlic, chopped fine	1 c. Italian sauce, homemade if possible

Wash tripe, cover with water and boil five minutes. Then drain and scrub clean, removing all fatty deposits and rewashing with cold fresh water. Then cut it in strips and fry in oil with onion, garlic, celery and parsley for 15 minutes, stirring then until tender. Then add tomato sauce, salt and pepper and simmer 15 minutes more. Serves 4 to 5.

LOBSTER ULTIMA

Marie and Michael Marcase

Two 2 1/2 or one 5 lb. lobster
1 large can plum tomatoes or
tomato puree
1 lb. Buitoni #3 spaghetti
1/4 tsp. crushed red pepper
2 cloves of garlic, crushed
1/4 tsp. sweet basil
salt and pepper
olive oil

Preheat oven to 350 degrees. Split lobster, crack claws and neck. Remove green coral and rinse lobster. Rub with 2 Tbsp. of oil, and sprinkle with pepper. Prepare for oven in large roasting pan which has been rubbed with a Tbsp. of olive oil. Set aside.

Prepare tomato sauce (if using plum tomatoes put through a blender). Heat oil in a large sauce pan and add tomatoes, salt, black pepper and red pepper, basil and crushed garlic, simmer for 1 hr. Thirty minutes into simmer time place lobsters in preheated oven.

After 30 minutes which coincides with the sauce simmered for one hr., pour sauce over lobsters and place lid on roasting pan. Cook lobsters for an additional 30 minutes.

Bring a large pot of water to boil. Add 1 Tbsp. salt and 1 lb. Buitoni #3 spaghetti and cook al dente.

Remove lobsters from baking pan and keep warm, pour sauce over drained spaghetti for first course. Serve lobsters with salad and crisp Italian bread for second course. Serves four.

COD ALLA MARINARA

Jennie Di Carlo

2 lbs. cod steaks, 1" thick
2 c. canned tomatoes, sieved
1/4 c. pitted green olives,
chopped
2 Tbsp. capers
1 Tbsp. parsley
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. oregano

Grease 1 1/2 qt. casserole. Place cod in casserole. Combine remaining ingredients in a saucepan. Bring to boiling and pour over the cod.

Bake at 350 degrees for 25 to 30 minutes or until the fish flakes when gently pierced with a fork. Serves four.

CRABS AND SPAGHETTI

Nancy C. Scarpa

Oil
onions
parsley
basil leaves
red hot pepper
salt and black pepper
crabs
Italian peeled plum tomatoes
Italian grated cheese

(Cont.)

Pour oil and ingredients to crabs and brown well. Then add tomatoes and cook approximately 2 hours. Cook very thin spaghetti or linquini in water according to directions on box. Drain and pour tomato sauce and cheese over spaghetti. Serve hot. Sauce should be liquid and not too thick like a meat sauce.

BAKED HADDOCK OR FLOUNDER – STUFFED

Filomena DiCello

1 lb. fish
1 pkg. of soft bread cubes
chopped parsley
oregano
salt and pepper
grated cheese
lemon juice
butter

Moisten bread cubes with water and squeeze dry. Put in a bowl, add parsley, oregano, black pepper a little grated cheese, a pinch of salt. Grease a pie pan, cover bottom of pan with half of bread cube mixture. Put salted fish on top of bread cubes and add a little lemon juice. Put the rest of bread cubes on top. Put small pieces of butter on top. Bake at 350 degrees for about an hour.

SARDINE SUPREME (SICILIAN)

Joseph H. Previty
Commonwealth Lodge #1949

10 fresh sardines
1 c. fresh bread crumbs
1/2 tsp. salt
1/2 tsp. pepper
2 Tbsp. capers
1 Tbsp. parsley, chopped
2 Tbsp. olive oil

Remove bone from sardines using index and second fingers, making a single flat fillet of each fish. Marinate flat fillets in wine vinegar for 15 minutes. Combine remaining ingredients and heap upon five of the flat fillets. Then place remaining 5 fillets on top, making sandwich type units. Fry gently in olive oil about 5 – 8 minutes on each side.

SEAFOOD BAKE

Mrs. Albert Chenet
Latrobe Ladies Loggia Libera

1 – 10 1/2 oz. can condensed cream of celery soup
1/4 c. milk
1 beaten egg
1/4 c. grated parmesan cheese

*1 – 7 1/2 oz. can crab meat, drained, flaked, & cartilage removed
*1 – 4 1/2 oz. can shrimp, drained
1 – 3 oz. can sliced mushrooms, drained

3 Tbsp. fine dry bread crumbs
1 Tbsp. butter or margarine, melted

Combine cream of celery soup, milk, egg and HALF the cheese in a saucepan. Stir over low heat until cheese is melted and mixture is hot. Stir in crab, shrimp and mushrooms. Spoon into 4 large baking shells or ovenproof soup bowls. Toss dry bread crumbs with remaining cheese and melted butter. Sprinkle crumbs over mixture. Bake at 375 degrees about 20 minutes. Serve with wedge of lemon.

Great for luncheons!!!!

* I substitute frozen packaged crab and pre-cooked frozen shrimp.

FRIED SMELTS

Marie Scarsellato Rybacki
Lodge 758

1 lb. smelts
1 1/2 tsp. salt
3/4 tsp. basil leaves
1/4 tsp. ground black pepper
3 Tbsp. cider vinegar - flour
2 to 3 Tbsp. oil or butter

Wash and clean smelts and remove heads. Place in a shallow dish. Combine salt, basil, pepper and vinegar and pour over the smelts. Cover the dish and marinate in refrigerator overnight.

Remove fish from marinade, dredge with flour and fry over med. heat in either hot oil or butter until well browned. Serves four.

SPAGHETTI WITH SHRIMP AND KING CRAB

Antoinette Rubino
Judge Frank J. Montemuro, Jr.
Lodge #2193

1 lb. thin spaghetti
1/2 lb. shrimp, small
1 small pkg. King Crab meat
4 Tbsp. olive oil
1 clove garlic

Cook spaghetti until tender. Salt to taste. Heat olive oil in saucepan; brown garlic. Add shrimp and crab meat and simmer for 4 minutes. Take out garlic clove. Add 3 Tbsp. water from spaghetti pan to sauce. Arrange spaghetti on platter and pour hot sauce over it.

ITALIAN STYLE SHRIMP

Louise N. Liccione

1 1/2 lbs. fresh shrimp, cleaned and shelled
eggs
seasoned flour
1/3 c. fat (half butter, half oil)
few drops Worcestershire Sauce
2 or 3 Tbsp. dry white wine
1 1/2 Tbsp. lemon juice
1/3 c. ground cooked ham
1/2 c. finely chopped mushrooms
parsley, minced
lemon wedges

(Cont.)

Dip shrimp in beaten eggs, then coat with seasoned flour. Saute lightly in heated fat in skillet. Remove shrimp to platter.

Add next 3 ingredients to skillet. Blend well and pour over shrimp. Heat ham and mushrooms thoroughly and spread over shrimp. Sprinkle with minced parsley and garnish with lemon wedges.

SHRIMP SCAMPI

Mrs. Michael N. Ciccarone

1 lb. large raw shrimp
1/2 c. butter
6 cloves garlic, crushed
2 tsp. parsley
1 tsp. lemon peel, grated
1 Tbsp. lemon juice
lemon wedges

Preheat oven to 400 degrees. Shell shrimp and clean. Dry on paper towel. Melt butter in casserole dish in oven. Add garlic and 1/2 parsley. Mix well. Arrange shrimp in single layer, bake uncovered for 5 minutes. Turn shrimp, sprinkle with lemon peel, lemon juice and remaining parsley. Bake 8 to 10 minutes. Serve with lemon wedges.

FISH SAUCE FOR LINGUINE ALLA PESCATORA

Andrea U. Federici

1 c. olive oil
2 cloves garlic
1/2 lb. shelled, chopped shrimp
2 - 3 small calamari, skinned and cut into pieces
white dry wine
1/2 c. crab meat
1 can Italian baby clams
mussels
salt and pepper
linguine, cooked
parsley
Peperoncino or hot pepper

In a sauce pan heat olive oil with garlic cloves. When they are golden, add shrimp and calamari. Saute all for about 10 minutes adding a few drops of wine. Add crabmeat, clams with their liquid and a few mussels. Simmer for 10 minutes. Add salt and pepper to taste. Sprinkle with freshly chopped parsley. Pour sauce over hot Linguine. Serve hot pepper to taste. Serves 6 to 8.

CALAMAI CON POMODORO (Squid with Tomatoes)

Betty Toroni
Upper Darby Lodge

2 lbs. of squid
4 Tbsp. of olive oil
pinch of oregano
1 Tbsp. of parsley
1 c. solid-pack tomatoes
1/2 c. dry wine
2 cloves of garlic
salt and pepper to taste

Cut well cleaned squid in small pieces. Brown garlic in oil for about 4 minutes. Add squid. Cover. Saute for 10 minutes. Add salt, pepper, oregano and wine. Cook on low flame for about 15 minutes longer. Add tomatoes and parsley. Cook covered for about 15 minutes more or until tender.

SQUID IN MUSHROOM SAUCE

Vivian Pacifico

3 lbs. small squid
1/2 c. olive oil
4 anchovy filets
2 clove of garlic, chopped
3 Tbsp. white wine
3 Tbsp. tomato sauce
salt and pepper
1/2 c. of water
1 Tbsp. parsley, chopped
1/2 c. mushrooms

Skin squid, remove head and insides. Cut into small pieces and wash well. Heat oil in saucepan. Add anchovies, garlic, parsley and wine and cook for 5 minutes. Add tomato sauce, squid, salt, pepper and 1/2 c. water, cover pan and cook for 20 minutes. Add mushrooms and cook over low flame 50 minutes longer, adding water occasionally, if needed. Serves six.

SNAILS PALERMO STYLE

Josephine Barone
Judge Montemuro Lodge

2 lbs. live snails
3 Tbsp. olive oil
2 cloves garlic, chopped
1 - 16 oz. tomato paste
2 1/2 c. water
salt and red pepper
4 anchovies

Cover snails with cold water. Add 1 Tbsp. salt and let stand for 3 hrs. Rinse thoroughly with fresh water and drain.

Saute garlic in oil, add tomato paste and water. Stir until blended. Simmer uncovered for 15 minutes. Add snails and seasoning and anchovies. Continue to simmer 20 minutes, stirring occasionally.

Remove snails from sauce with a slotted spoon and put in a serving dish. Spoon some sauce over snails and pour rest of sauce over 1/2 lb. of cooked macaroni. Serves four.

CHICKEN BREAST WITH CHEESE

Louise Liccione

3 chicken breasts
salt and pepper
1/2 c. butter
2 Tbsp. parsley
1 tsp. marjoram
2 tsp. thyme
1/4 lb. mozzarella cheese
1/2 c. flour
2 beaten eggs
1 c. bread crumbs
1/2 c. dry, white wine

(Cont.)

Skin and bone chicken breast, cut in half and flatten. Sprinkle chicken with salt and pepper and spread half the butter on chicken cutlet.

Blend remaining butter with parsley, marjoram and thyme and set aside.

Cut cheese into six sticks. Place one on each half of breast. Roll up and tuck in the ends. Roll breast in flour and eggs and roll in bread crumbs.

Place in well buttered baking pan. Melt butter and herb mixture and pour evenly over breasts. Bake 30 minutes at 350 degrees.

Pour wine in baking pan and baste. Bake 25 minutes more.

CHICKEN SALTINBOCA

Tina Valeo
Longfellow-Met Lodge

3 large breasts (boned, skinned & halved)
6 thin slices ham
6 slices mozzarella
1 med. chopped tomato
1/2 tsp. dried sage
1/3 c. fine dry bread crumbs
2 Tbsp. parmesan cheese
2 Tbsp. fresh parsley
4 Tbsp. melted butter

Pound chicken, then place ham & cheese on each cutlet, cutting to fit. Top with tomato and dash of sage. Tuck in sides, roll up jelly-roll style, pressing to seal well.

Combine crumbs, cheese and parsley. Dip chicken in butter, then roll in crumbs. Place in shallow baking pan. Bake in 350 degree oven for 40 - 45 minutes.

CHICKEN SICILIAN

Mrs. Rose Di Benedetto
Women's Division

4 chicken breasts (boned)
4 butter pats
2 Tbsp. oregano
1/4 c. parmesan cheese (grated)
1 1/2 c. chopped black olives
1 1/2 c. mushrooms (chopped) (raw or canned)
1 c. White wine

Smear butter pats inside breasts, sprinkle with oregano and grated cheese. Mix together olives, mushrooms and cheese. Stuff breast and top with more butter and cheese. Pour white wine over top and bake at 350 degrees for 1 hr. (9 X 13" pan).

CHICKEN AND BOW TIES

Jo De Carlo

2 broiler-fryers, about 3 lbs. each
salt and pepper
1/2 c. melted butter or margarine
1 c. seasoned bread crumbs
1 lb. pkg. bow ties, cooked and drained
1 qt. spaghetti sauce
1/2 c. grated parmesan cheese

Preheat oven to 350 degrees.

Sprinkle chicken quarters on all sides with salt and pepper. Dip pieces into melted butter and then into crumbs. Place pieces side by side on a heavily greased shallow pan. Drizzle remaining butter over chicken quarters. Bake in a preheated moderate oven 350 degrees for 1 hr. Pour bow ties into a greased 2 qt. casserole. Pour on sauce and sprinkle with cheese. Place bow ties into oven along with the chicken and bake 30 minutes. Serves eight.

CHICKEN CACCIATORE

Marie D'Onofrio
Bristol Lodge

1 chicken
4 to 5 Tbsp. oil
1 clove garlic
1 tsp. rosemary
1/2 c. Sauterne Wine
1 Tbsp. lemon juice
1 Tbsp. capers
1/2 onion
1 tsp. parsley
3/4 c. mushrooms
few anchovies
salt and pepper

Cut chicken in serving pieces, salt and pepper and fry in oil until brown on all sides. Sprinkle chicken with lemon juice and wine.

Add chopped garlic, onion, parsley, sliced mushrooms, anchovies, capers and rosemary. Bake at 350 degrees for 1 hr., turning once to brown evenly.

CHICKEN CACCIATORE

Lavinia Linguiti
Doris Bianchi

4 lbs. chicken - disjointed
1/2 lb. mushrooms - sliced
1/2 c. seasoned flour
1/3 c. fat
2 med. onions
1 No. 2 can tomatoes
1 can tomato paste
1 clove garlic
1 1/2 tsp. salt
1/4 tsp. pepper
3/4 tsp. oregano

Dredge chicken in flour, brown on all sides in hot fat. Mince garlic, chop onions, add with tomatoes, tomato paste, mushrooms, salt and pepper and oregano. Simmer for about one hr. or until chicken is tender. Serves six.

FRIED CHICKEN FLORENTINE

Evelyn Lanzi

3 Tbsp. olive oil
4 Tbsp. lemon juice
2 c. all purpose flour
1 egg, lightly beaten
3 1/2 lb. frying chicken, cut up
1 1/2 c. olive oil for frying
1/4 tsp. salt
1/8 tsp. pepper
2 tsp. parsley

(Cont.)

Make a marinade of oil, lemon juice, salt, pepper and parsley. Pour over chicken in a casserole and let stand for about 2 hrs. in refrigerator turning occasionally.

After two hours, take chicken out of marinade, dry well, flour thoroughly, dip into egg and fry in deep olive oil for about 20 minutes.

CHICKEN MARINADE

Anna Marie Staffieri

(Serves six)

1 - 8 oz. can tomato sauce
1/2 c. olive oil
1/2 c. orange juice
1/4 c. vinegar
1 1/2 tsp. oregano
1 tsp. salt
6 peppercorns
1 clove garlic, minced
2 whole chicken breasts, split
4 chicken legs including thighs
HONEY-MUSTARD GLAZE

In large screw-top jar, combine all ingredients except chicken and glaze. Cover and shake vigorously to blend. In shallow dish, pour tomato sauce mixture over chicken. Cover and marinate 2 hrs. at room temperature or overnight in refrigerator, turning occasionally. Drain, reserving marinade. Grill chicken over med. coals for 45 to 50 minutes, brushing with marinade and turning frequently. Just before serving, brush with glaze.

Honey-Mustard Glaze: Combine 1/4 c. honey and 1/2 tsp. dry mustard.

MY MOTHER'S TURKEY STUFFING

Edith R. Monte
John B. Acchione Lodge #311

2 lbs. Italian sausage
4 c. diced celery
4 c. diced onions
2 lbs. mushrooms
parsley to taste
3 eggs
1/2 c. grated cheese
1 bay leaf
1/4 tsp. poultry seasoning

Boil celery until tender. Cut sausage in small pieces and brown in a large skillet. Remove sausage, add onion and mushrooms and cook for about 10 minutes. Return sausage to skillet, add cooked drained celery, parsley, bay leaf and poultry seasoning, mix all together keeping heat low. Beat eggs and cheese, then add this to the sausage mixture. Stir a few times and remove from heat.

Stuff turkey just before roasting.

SAUTEED CHICKEN LIVERS

Teresa Barone

2 Tbsp. oil
1 lb. chicken livers
1 (15 oz.) can tomato sauce
1 clove garlic
1 small onion, sliced
1/2 tsp. parsley
1/4 tsp. oregano (optional)
1/2 c. white wine

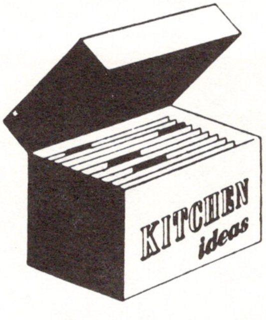
Saute liver until brown. Add onion and garlic, then tomato sauce and wine. Simmer for about 1/2 hr. Serve over rice or noodles. Serves three.

Write your extra recipes here:

Write your extra recipes here:

Phila Pa 1029

Main Dishes
Eggs, Cheese, Casseroles



To preserve leftover egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

To keep egg yolks from crumbling when slicing hard-cooked eggs, wet the knife before each cut.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

When you cook eggs in the shell, put a big teaspoon of salt in the water. Then the shell won't crack.

Set eggs in pan of warm water before using as this releases all white from shells.

Egg whites for meringue should be set out to room temperature before beating, then they can be beaten to greater volume.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra

MAIN DISHES --
CHEESE, EGG, SPAGHETTI, CASSEROLE

FRESH RICOTTA

Tristine Tesauro
Mt. Pleasant Ladies Lodge #1567

5 gallons raw milk

Pour all but 6 qts. of the milk into a large kettle. Heat slowly until lukewarm.

Dissolve 2 junket tablets in a little warm water. When milk is lukewarm, add dissolved junket tablet, stir and remove from heat. Cover with a towel and let stand for one hour. This will thicken while standing. Check for thickness. When milk seems thick enough, remove this cheese with a slotted spoon (my father called this first cheese La Toma).

After all of this first cheese is removed, place liquid back on burner and add the 6 qts. of milk. Heat slowly to lukewarm again, add 1/2 glass of vinegar (about 1/2 cup) and keep heating until ricotta starts coming to top of milk. Remove cheese with slotted spoon and place in strainer.

The first cheese (La Toma) can be eaten or can be salted and cured and grated on spaghetti. It can be crushed and mixed with the ricotta to make the Easter Pizza. It is delicious either way.

CHEESE TIMBALES

Jo De Carlo

1/2 lb. ground chuck
2 Tbsp. butter
1 c. uncooked long green rice
1 c. grated sharp cheddar cheese
2 eggs
1/4 tsp. parsley
4 oz. sliced mushrooms, drained
1 Tbsp. mile
flavored dry bread crumbs
oil for frying
2 c. spaghetti sauce

Saute meat in butter until browned. Prepare rice according to pkg. directions. Combine meat, cheese, 1 egg, parsley and sliced mushrooms with hot cooked rice mixture. Cool to handle easily. Form into 16 - 18 timbales or burger shapes. Dip into remaining egg, beaten with milk and roll in bread crumbs.

Fry a few timbales at a time in hot 390 degree deep fat until coating is evenly browned, about 5 minutes.

Spoon hot spaghetti sauce over timbales and serve. Serves 6 to 8.

MOZZARELLA IN CARROZZA

Susan Biagi

(Mozzarella - Fresh Cheese - in Carriage)

8 slices of white bread
8 slices of mozzarella
(med. thin)
1/2 c. flour
2 eggs, lightly beaten with
1/4 tsp. salt and a pinch
black pepper
1 c. olive oil

Cut crust off slices of bread and cut slices in half. On each half slice of bread, place 1 slice of mozzarella, and cover with the other half slice of bread. Roll in flour, dip in egg and fry in olive oil, gently on both sides. Serve hot. Delicious! Serves 4.

RICOTTA BALLS

Rose Di Benedetto

1 1/2 qts. of tomatoes
(not sauce or paste)
1/2 c. grated parmesan cheese
1 1/2 c. bread crumbs
1 tsp. salt
1 1/2 lbs. Ricotta
1 tsp. pepper
1 tsp. parsley
1 clove garlic, minced
3 or 4 eggs (depending on
consistency of ricotta)

Strain or sieve tomatoes. Put into a 2 or 3 qt. saucepan. Add nothing to this but let it cook slowly about 1 hr. while preparing the ricotta balls. Then add 6 cups of water and cook 1/2 to 1 hr. longer.

Mix the remaining ingredients. Form into balls. They should be like meatballs - neither too soft or too hard.

Let tomato sauce come to a boil and add ricotta balls one at a time. At first they will rise to the surface and after about 15 or 30 minutes they will sink to the bottom. Let them continue cooking for 25 to 30 minutes. Then they will be ready to serve. Serve sauce with spaghetti.

Note: These ricotta balls can be made much smaller and served as an appetizer with toothpicks.

RICOTTA-SPINACH DUMPLINGS

Marie Scarsellato Rybacki
Lodge 758

2 pkgs. 10 oz. each, frozen
chopped spinach (cooked)
2 c. ricotta
1 tsp. salt
4 egg yolks
grated parmesan cheese
1/2 c. flour
4 Tbsp. butter or margarine

Bring 6 qts. of water with 1 1/2 Tbsp. of salt to boil. Press all water from cooked spinach, and combine it with ricotta, 1 tsp. of salt, egg yolks, and 1/2 c. grated parmesan cheese.

Drop rounded Tbsp. of this mixture, one by one, into flour and roll until each is lightly coated.

Then drop these dumplings into the boiling water and cook 5 minutes. Remove, with slotted spoon to a plate, side by side. Spoon butter over top, then sprinkle with cheese. Makes 24.

SPINACH FRITTATA

Anne Marie D'Ambrosio

3 Tbsp. olive oil
1/2 c. thinly sliced onion
10 eggs
1 c. finely chopped raw spinach
1/2 c. grated parmesan cheese
1 Tbsp. chopped parsley
1 small clove garlic, crushed
1/4 tsp. pepper
1 tsp. salt

Preheat oven to 350 degrees. Heat oil in 10" heavy skillet with heat resistant handle. Add onion, saute until onion is tender and golden brown (about 5 minutes).

In large bowl combine remaining ingredients. With wire whisk or fork, beat until well blended. Turn into skillet, with onion.

Cook over low heat 3 minutes, lifting bottom with spatula as eggs set.

Bake uncovered, 10 minutes or until top is set. With spatula loosen bottom and around edges, and slide onto serving platter. Cut into wedges. Makes 4 to 6 servings.

FRITTATA DI PROVOLONE e OLIVE

Lena Campbell

4 eggs
3 Tbsp. cooking oil
salt and pepper
2 oz. provolone cheese
1 can pitted olives

Cut olives in half. Beat eggs well. Cut cheese into 1/2" pieces. Heat oil in a frying pan. Add olives, saute for 2 minutes. Add cheese; stir constantly for one minute over med. flame. Fold in beaten eggs, pinch of pepper, pinch of salt.

Stir until eggs are as firmas you like them. Serve hot.

RICE OMELETTE

Daisie C. Molinari

2 c. cooked rice
1/4 lb. diced cheese
1/4 lb. salami
8 eggs
3 Tbsp. butter
salt - pinch
pepper - pinch

Melt butter in fry pan until it bubbles. Add eggs (well beaten). While eggs are set, but still moist, spread mixture of cooked rice,

(Cont.)

cheese and salami down center of eggs and carefully fold omelette over mixture. Lower heat and cook slowly for 5 minutes. Serves six.

MY MOTHER'S HAM PIE

Rita Acchione
John B. Acchione Lodge

Filling:

1 lb. piece Italian ham	1 large mozzarella cheese
1 lb. piece boiled ham	6 hard boiled eggs
1 lb. piece salami	6 raw eggs
1 stick pepperoni	1 c. grated parmesan cheese
3 lbs. ricotta	

Remove all fat and skin from ham, salami and pepperoni and cut into small pieces. Cut mozzarella cheese into small pieces. Chop hard-boiled eggs. Mix all these ingredients in a bowl. Add ricotta, parsley, raw eggs and grated cheese and mix together very well.

Pie Crust:

4 c. flour	1/4 lb. margarine
1 tsp. baking powder	1/4 lb. Crisco
salt and pepper to taste	4 eggs
	1 egg, separated to coat pie

Measure flour in a bowl. Add salt, pepper and baking powder. Cut in margarine, making fine crumbs. Add eggs. Mix together well and knead. Divide in 4 parts. Roll each portion out thin about 1 1/2" larger than pie plate to be used. Separate the extra egg and beat white lightly to a foam. Brush inside of pie crust with the egg white and then ladle the filling in. Roll out another portion of dough to make the top crust. Bring the bottom crust over the top crust and flute edges together to seal it. Prick top crust to let steam while baking.

Bake in preheated oven at 350 degrees for about 20 minutes. Brush top of pie with beaten egg yolk to give the crust a shiny finish, then continue to bake for 1 hr. longer or until golden brown.

PASTA FATTA IN CASA (home made pasta)

Elizabeth Neri
Judge Montemuro Lodge

4 c. flour	
4 eggs, lightly beaten	1 1/2 tsp. salt

Measure flour into a bowl. Make a well and pour eggs into it; add 1 1/2 tsp. salt. Mix well and turn onto a floured board. Knead together, adding warm water, 1 Tbsp. at a time, until dough reaches rolling consistency. This makes about 1 1/2 lbs. of dough. If dough is too moist add a little more flour. Form dough into a ball and cover with a mixing bowl for 10 minutes; then divide into 4 parts. Work with 1 part at a time, keeping remaining parts covered. Roll as thinly as possible and cut as desired. Let dry for 30 minutes. Bring 8 qts. water to a boil add 1 Tbsp. salt and 1 Tbsp. oil. Drop dough into water and cook. Serves 6 to 9.

FUSILLI BUCATI SICILIANI

Catherine Cugini
Greater Havertown Lodge #2224

1 1/2 c. flour (or enough to make a firm pasta dough)
2 eggs
1 tsp. oil

Place flour in bowl, make a well in middle of flour, place eggs and oil in well, mix eggs and oil gradually including and gathering up flour. Knead into a firm smooth dough. Place dough on pastry board and knead about 10 more minutes. Place dough into a plastic bag and let set for at least 1 hr. Remove from plastic bag and knead again. Place dough again into plastic bag or under a bowl to keep from drying out while working. Cut off a thin strip of dough at a time, roll this strip quickly on pastry board with fingers and palm of hands into a rope 1/4" in diameter. Then cut off into 2" lengths. Take one roll of dough at a time, push floured knitting needle lengthwise into each roll of dough. (Use a number 4, 10" double pointed metal knitting needle which has been sanded with med. sand paper in order to remove finish and roughen needle a little). Roll and stretch dough around needle quickly and lightly until it measures about 4 1/2". Grasp an end of needle with fingers of one hand and the rolled dough (fusille) with palms and fingers of other hand, gently wiggle fusille off the needle. Work quickly to keep dough from drying out. Place fusille on lightly floured cookie sheet. Cook fusille in 3 qts. of boiling water, salted to taste, about 15 minutes. Serve with favorite tomato sauce or favorite cheese sauce. The fusille can be frozen and packed in plastic wrap and put in covered container until needed. Makes approximately 2 servings.

FETTUCINE ALFREDO

Diana R. Frunzi
Inter County Lodge

1 lb. fettucine or noodle of your choice
4 Tbsp. butter or margarine (slightly melted)
1 raw egg
1 lb. ricotta
parmesan cheese

Cook pasta as you normally would in boiling salted water.

(Cont.)

While pasta is cooking, beat raw egg in large serving bowl with large fork. Add cooked pasta and ricotta and slightly melted butter and toss quickly and thoroughly. Serve immediately. Sprinkle with parmesan cheese.

FETTUCINE ALL'AFREDO

Lorraine Fitzgerald
Judge Montemuro Lodge

Sauce:
1/2 c. unsalted butter
2/3 c. all purpose cream
1 1/4 c. grated parmesan cheese

Heat butter and cream in sauce pan until butter is melted. Remove from heat. Add 1 c. parmesan cheese. Blend well until sauce is smooth.

Paste:
6 qts. of water
6 tsp. salt
1 - 5 egg batch of homemade fettucine

When pasta water comes to a good boil, salt it and put in the fettucine by the handful. When al dente, drain thoroughly and put in heated platter. Add the cream-butter-cheese sauce. Mix thoroughly until fettucine is well coated. Serve immediately and sprinkle with cheese.

GNOCCHI

Mrs. Cathy Fenza
Dante Allighieri Lodge "1777"

6 c. flour
3 lbs. ricotta
3 eggs
1/8 tsp. salt

Mix ricotta, eggs, salt in a large bowl, add 5 c. of flour, and mix well. Knead until a dough is formed adding the remaining flour gradually if it is too soft. Pinch a piece at a time and roll forming a finger thickness. Cut into 1" lengths. Press each piece with the thumb against the concave surface of a cheese grater. This will give each gnocchi the appearance of a shell with a ridge pattern on its back. Place gnocchi on a floured surface to prevent them from sticking together. Bring a large pot ofsalted water to a boil and drop in gnocchi. Reduce heat to med. They will rise to top. Cook 12 to 15 minutes, then drain into a collander and serve with your favorite spaghetti sauce.

These freeze well. To freeze, put gnocchi on a floured cookie sheet and place in the freezer for 10 minutes, then put them into a plastic bag until ready to use.

SPINACH-CHEESE GNOCCHI

Marie D'Onofrio
Bristol Lodge

1 pint ricotta cheese
1 pkg. (10 oz.) frozen chopped spinach
1/4 c. grated parmesan cheese
1 egg, lightly beaten
1/2 tsp. nutmeg
1/4 to 1/2 c. unseasoned bread crumbs
salt and pepper
flour
melted butter or margarine

Put ricotta in a strainer over a bowl; let drain in refrigerator for at least 3 hours. Cook frozen spinach as suggested on box. Drain well in a strainer. Let cool, squeeze out as much liquid as possible. Place squeezed spinach in mixing bowl, add drained ricotta, mix well; add bread crumbs gradually. Add only enough so that mixture can be shaped into balls. It must not be too firm, just firm enough to handle. Season with salt and pepper to taste. Form into 1" balls, roll in flour and place on wax paper. Sprinkle with flour. Bring 2 qts. unsalted water to a rolling boil and drop in the little balls a few at a time so as to not stop water from boiling. When they rise to top, boil 3 minutes longer. Remove with slotted spoon to a serving dish. Pour melted butter over all. Serve with additional grated parmesan cheese. Makes six servings.

PASTA WITH CAULIFLOWER

Lena Campbell
Enrico Fermi Lodge

1 lb. of Ditali (pasta)
1 small cauliflower
1 onion, chopped
salt and pepper
1 can Hunt's tomato paste
4 Tbsp. olive oil
1 c. cold water

Wash and cut up cauliflower into small pieces. Cook in boiling water until almost tender, about 8 minutes. Drain, set aside.

Heat oil in saucepan; add onion; cook until soft. Add tomato paste. Simmer about 5 minutes. Add 1 c. of cold water, salt and pepper, simmer about 5 minutes. Add the cauliflower and pasta; let simmer for about 15 more minutes or until the pasta is done (may be sprinkled with grated Italian cheese if preferred).

MANICOTTI

Rita Turner

6 eggs
2 c. flour
2 1/2 c. water
dash of salt

Combine ingredients and beat well. Batter will be thin. Batter should set for 1/2 hr. to thicken. Makes approximately 36 crepes.

(Cont.)

In a small frying pan, with a thin coating of butter, pour in enough batter to cover the pan. Tilt the frying pan to spread the batter evenly. Cook over med. heat until the edges curl away from the pan and the top is firm. Turn out on a paper towel.

Filling:
1 lb. ricotta
1/4 lb. chopped ham
1 tsp. chopped parsley
2 eggs, beaten
1/2 c. Romano Cheese, grated

Mix together all the filling ingredients. You should have enough of this filling to put about 2 Tbsp. of it on each one of the pancakes, which we now call manicotti. Roll them up, tuck in the ends and put them into a lightly greased baking dish or pan. Now douse it all with tomato sauce, sprinkle with some more grated cheese and bake it in oven preheated to 350 degrees for about 15 minutes, until sauce is bubbling and cheese is melted.

MANICOTTI PANCAKES

Gema Chesan

1 1/2 c. flour
1 c. water
1/4 tsp. salt
4 eggs
oil

Filling:
3 eggs
2 lbs. ricotta
1/2 tsp. salt
1/4 c. grated cheese
1 c. bread crumbs

To make pancakes, mix flour, water and salt. Beat until smooth. Consistency is that of regular pancake batter. Beat in eggs one at a time. Heat a 5 to 6" skillet with a few drops of oil. Put about 2 Tbsp. of batter in hot skillet and swirl to spread evenly. Remove when firm but not brown. Continue with remaining batter.

Mix filling ingredients together. Put 2 Tbsp. of filling on each pancake and fold in half. Put pancakes side by side in sauce in a baking dish. Cover with sauce and grated cheese.

Bake at 350 degrees for 45 minutes.

CANNELLONI CAPRICCIO

Lorraine Barone Burns, Ph. D.
Judge Montemuro Lodge

Dough:
2 c. sifted flour
2 eggs
1 1/2 Tbsp. water
3/4 tsp. salt

Filling:
2 1/2 c. cooked cubed chicken
1/2 c. cooked chopped spinach
1/4 lb. sliced mushrooms,
sauteed in butter

1/3 c. parmesan cheese
1 whole egg
1 egg yolk
dash of garlic powder

Sauce:
1 Tbsp. flour
1/4 c. melted butter
1 1/2 c. milk
salt, pepper, nutmeg
2 Tbsp. parmesan cheese
1 egg yolk

Dough: Make a well-kneaded dough with the flour, eggs, water and salt. Roll dough to paper thin. Cut in 3" squares. Cook six at a time in 4 qts. salted boiling water for approximately 5 minutes. Drain.

Filling: Combine chicken, spinach, mushrooms, cheese, eggs and garlic powder.

Sauce: Blend flour into melted butter and cook 1 minute. Add milk gradually and stir until smooth. Season with salt, pepper and a dash of nutmeg. Remove from heat and stir in parmesan cheese and 1 egg yolk.

To make cannelloni, place equal amounts of filling on cooked pasta squares. Roll. Cover with sauce and sprinkle with grated cheese and bake at 375 degrees for 10 minutes.

BAKED MUSTACCIOLI

Nettie Lardieri

3 Tbsp. olive oil
1/2 c. finely chopped onion
1/2 c. finely chopped celery
1 med. green pepper, finely chopped
1/2 clove garlic, minced
1 lb. can spaghetti sauce with meat
1/2 lb. mustaccioli macaroni
1 c. Velveeta or Cheddar Cheese

Heat oil in saucepan. Saute onion, celery, green pepper and garlic for 10 minutes. Add sauce, simmer for 20 minutes more. Meanwhile prepare according to pkg. directions for mustaccioli, drain well; toss with sauce and cheese and bake for 20 minutes. Serves four.

LASAGNE

Marie Barone Dolan
Judge Frank J. Montemuro Lodge

1/4 lb. ground beef
1/4 lb. fresh Italian sweet sausage
1/4 lb. fresh Italian hot sausage
1 Tbsp. basil
2 cloves garlic
salt and pepper
1 small can of tomato paste
1 large can of Italian tomatoes
1 lb. of lasagne
1 lb. ricotta cheese
8 oz. mozzarella cheese
1/2 lb. mushrooms
1/3 c. Romano cheese
2 eggs
1 Tbsp. chopped parsley
Oil

Prepare sauce as follows:
Peel skin from sausage and chop the meat. Saute ground beef and sausage meat together with 2 Tsp. of oil in a large sauce pan for 5 minutes and then add crushed tomatoes, tomato paste, 1/2 c. of water, basil, salt, pepper, crushed garlic. Simmer 15 minutes until it is fairly thick.

In a large kettle of salted water, boil the lasagne 15 minutes. 1 Tbsp. of oil in the water will prevent the lasagne from sticking.

Combine ricotta, shredded mozzarella and romano cheese, chopped parsley and egg. Mix with a fork.

In an oiled baking pan (13 X 9 X 2"), place a layer of lasagne, a layer of cheese mixture and a layer of sliced mushrooms which were cooked a few minutes. Over the mushrooms pour a layer of the tomato sauce and continue adding the ingredients in layers ending with tomato sauce and a layer of grated Romano cheese.

Bake the dish in a hot oven (400 degrees F.) for 30 minutes and serve it piping hot.

PESTO OVER GREEN NOODLES

Julia Delguerrico
Judge Montemuro Lodge

1 c. tightly packed snipped fresh basil
1/2 c. snipped parsley
1/2 c. (2 oz.) grated Romano cheese
1/4 tsp. salt
1 clove garlic
1/3 c. olive oil
Hot cooked and buttered green noodles (about 1 lb.)

Place all ingredients (except olive oil and cooked, buttered noodles) in blender. Blend until smooth. Add olive oil gradually until mixture is consistency of soft butter. Refrigerate until used.

Toss hot buttered noodles and half of basil mixture together. Serve immediately. Pass remaining basil mixture and additional Romano cheese. Makes four servings.

NOODLES WITH PESTO SAUCE

Linda Anne Doheny

1 c. chopped parsley, packed
5 Tbsp. dried basil leaves
1 tsp. salt
1/8 tsp. white pepper
2 cloves garlic, crushed
1 pkg. thin spaghetti or noodles
  cooked as pkg. label directs
1/2 c. olive oil
2 Tbsp. butter or margarine
2 Tbsp. boiling water
3/4 c. grated parmesan cheese
1/4 c. finely chopped walnuts
  or whole pine nuts

In small bowl, combine all ingredients except spaghetti. Beat with fork to combine thoroughly. Place well-drained, cooked spaghetti in large bowl. Pour sauce over spaghetti and toss lightly to coat thoroughly. Serve with additional parmesan cheese. Note: Pesto will keep in refrigerator for several days. Cover with a thin layer of oil and store in covered jar. Let it warm to room temperature before using (may be frozen).

NOODLES WITH RICOTTA AND MEAT

Florence Barattucci
Enrico Fermi Lodge

3/4 or 1 lb. lean ground beef
1/4 tsp. sweet marjoram
1 clove garlic, finely chopped
basil, parsley, black pepper,
  salt to taste
1/2 tsp. season salt
1/2 tsp. Accent
2 oz. butter or margarine
1/4 c. milk
1 lb. or less Ricotta
1/2 lb. curly egg noodles

Sprinkle 9 or 10" iron skillet with salt on med. heat. Add ground beef.

When white, add all seasonings. Stir, mixing well. Add butter in small pieces until melted. Do not fry. Mix milk and ricotta. Add to meat mixture. Mix well. Make as hot as possible without frying.

Meantime cook noodles as directed on package. Keep hot. Drain. Place in bowl. Add 1/2 of meat mixture. Mix well, then add balance as topping. Serve hot.

PASTA CON RICOTTA

Flora Bell Loverdi
Rose Baribaldi Lodge

1 lb. macaroni
1 lb. ricotta
1/2 c. milk
1/4 c. butter
1/2 c. parmesan cheese, grated
salt to taste

Cook macaroni. Drain and add butter. Mix ricotta with milk until smooth. Pour over macaroni. Simmer 3 minutes over low flame. Serves 4 to 6.

PASTA, POTATOES AND PEAS

Lena Campbell
Enrico Fermi Lodge

3/4 lb. potatoes
4 Tbsp. oil
1 onion, sliced
1 clove garlic
1 small can tomato sauce
1 Tbsp. chopped celery
pinch parsley
2 c. water
salt and pepper to taste
1/2 pkg. frozen peas
3/4 lb. Ditali (pasta)
parmesan cheese

Peel and dice potatoes. Heat oil in a large saucepan. Add onion and garlic. Cook until onion is soft and garlic light brown. Add tomato sauce, simmer about 3 minutes. Add potatoes, celery, parsley, water, salt and pepper. Bring to a boil, then lower heat and simmer until the potatoes are done. Add the peas and pasta. Continue cooking for 15 to 20 minutes. Sprinkle with parmesan cheese, if desired.

MEAT RAVIOLI

Mary Barber

Dough:
6 c. flour
6 eggs
1 c. water
dash of salt
1/4 c. oil

Filling:
1 lb. ground beef
1/2 lb. ground pork
1/4 c. bread crumbs
4 eggs
1/4 c. water
salt, pepper, Accent
roman cheese and parsley flakes to taste

Dough: Combine all ingredients and work dough until smooth. Cover dough and set aside until filling is prepared. Roll dough into flat pieces by hand or machine. Use 1 Tbsp. of filling about 1" apart and fold dough over. Seal edges and cut each ravioli out and press edges with fork. Prick top of each ravioli with a fork to avoid breaking. Put ravioli in boiling water and boil slowly uncovered for 25 minutes. Drain. Add sauce and roman cheese.

RIGATONI (BAKED MACARONI)

Sylvania Trapuzzano
Divina Madre Lodge

1 1/2 lbs. rigatoni macaroni
1/4 lb. Canadian ham or Capicollo
4 eggs (hard boiled, sliced)
1/2 lb. ground meat (making very small meatballs)
grated cheese - spaghetti sauce

Par-cook macaroni in boiling water, drain. Into greased 13 X 10 X 2 1/2" pan, layer macaroni, Canadian Ham and sliced eggs and small meatballs and spread with a little sauce topped with grated cheese, another layer of macaroni sauce and meatballs. Cover and bake in hot oven at 375 degrees for 25 to 30 minutes. Serves eight.

STUFFED RIGATONI

Madeline Saye
Lodge Azione No. 1506

1 tsp. salt
3 qts. boiling water

8 oz. rigatoni (about 60)

2 Tbsp. solid all vegetable shortening
3/4 c. chopped onion
1 clove garlic (minced)
2 lbs. ground beef

2 eggs, beaten
1/2 c. dry bread crumbs
3 Tbsp. chopped parsley
salt and pepper
tomato sauce

Add salt to rapidly boiling water, add rigatoni. Cook uncovered until tender. Drain in colander. Rinse in cold water. Drain again. Spread rigatoni out on tray.

Melt shortening in large skillet, add onion and garlic. Cook over med. heat until golden. Add beef, cook until lightly browned. Remove meat mixture from heat and cool slightly. Then blend in eggs, bread crumbs, and parsley. Season to taste with salt and pepper. Stuff rigatoni with meat mixture. Arrange rigatoni in shallow 3 qt. casserole. Pour tomato sauce over rigatoni. Bake uncovered in 350 degree oven for 30 minutes. If you like, sprinkle with grated mozzarella cheese and grated Romano cheese. Serves 6 - 8.

STUFFED SHELLS

Peggy Montemuro
Judge Montemuro Lodge #2193

Filling:
4 whole eggs plus 2 yolks
1/2 of a small mozzarella cheese, shredded

3 lb. ricotta cheese
minced fresh parsley
grated cheese - to your taste

Beat eggs and then add remaining ingredients. This quantity should be enough to fill 1 1/2 boxes of the large shells. Cook shells leaving them al dente. Then drain and let cool. Fill shells. Cover bottom of baking pan with tomato sauce and then put stuffed shells in pan. Cover shells with more sauce and grated cheese. Cover with tin foil and cook in oven for approximately 20 - 30 minutes. Set oven at 325 degrees.

STUFFED MACARONI SHELLS

1/4 c. oil
1 med. eggplant, diced
1 large onion, chopped
1 large clove garlic, minced
1 can (20 oz.) chick peas, drained & coarsely chopped
6 hard cooked eggs, chopped
basil leaves
3/4 tsp. salt
1/4 tsp. pepper
30 jumbo shells
spaghetti sauce

8 oz. mozzarella cheese, shredded

Heat oil in pan. Saute eggplant until brown. Add onion and garlic. Remove from heat and stir in chick peas, eggs and seasonings. Cook shells according to pkg. directions. Fill shells with eggplant mixture. Place in greased loaf pan. Spoon spaghetti sauce over shells.

Bake at 350 degrees for 35 minutes. Remove from oven and sprinkle with mozzarella cheese and bake until melted.

SAUSAGE STUFFED SHELLS

Jo De Carlo

1 lb. Italian sausage
1/2 c. chopped onions
4 slices bread (crumbled)
1 egg, beaten
1/4 c. fresh parsley or 1 tsp. dried
20 Jumbo shells (parboiled)
5 c. spaghetti sauce
1/2 c. grated parmesan cheese

Preheat oven to 350 degrees. Prick sausage with a skewer or fork and parboil in small amount of water, in covered skillet for 5 minutes. Chop sausage and fry along with onions until brown or crumbly, stirring often. Spoon off excess fat. Add bread, egg and parsley and mix thoroughly. Fill hot parboiled shells with sausage mixture, using tsp. or butter knife.

Pour 2 1/2 c. sauce into a 13 X 9 X 2" baking pan. Arrange shells in pan. Pour the remaining sauce over shells. Cover lightly with foil and bake at 350 degrees for 30 minutes or until hot and bubbly. Remove foil. Sprinkle grated cheese over top and bake uncovered for 10 minutes more. Serves 5.

SPAGHETTI PIE (may be used as hot or cold hors d'oeuvre or in-between-meal snack)

Rosemary Rubino

1 lb. spaghetti or spaghettini, cooked and drained
1 lb. butter, cut in pieces
1 dozen eggs, beaten
1/2 lb. boiled ham or cappicola, cut in 1" pieces
1/2 c. cheddar cheese, shredded
1/2 c. mozzarelle cheese, shredded
1/2 c. American, Swiss or provolone

1/4 lb. salami, cut in pieces	1/2 c. Velveeta cheese, shredded
1/2 c. grated Italian cheese	1/2 c. fresh parsley leaves
	1/2 to 1 tsp. black pepper

Preheat oven to 350 degrees. Grease pyrex baking dish (oblong or round) generously with several pieces of the butter. In large mixing bowl, mix together the hot, cooked and drained spaghetti with all of the butter remaining, as well as the beaten eggs and other ingredients. Place this mixture into the greased baking dish and bake at 350 degrees for 1 hr. or until bottom and top are browned. Let cool. While still warm, cut in squares and serve. For hors d'oeuvres, use smaller square topped with toothpick. Refrigerate unused portion. May be eaten cold or warmed if desired.

VERMICELLI ALLA VENETIAN

Mrs. Joseph Kruper
Rosa Garabaldi Lodge

4 lbs. vermicelli macaroni	1/4 c. olive oil or salad oil
1 can (2 oz.) anchovies (flat fillets)	1 clove of garlic, minced
2 Tbsp. butter or margarine	grated Italian cheese

In a skillet fry garlic in butter and oil until golden brown. Add anchovies with oil. Cook for one or two minutes or until anchovies become crumbly. Set sauce aside. Cook vermicelli and toss until they are well coated. Serve with grated cheese.

RISOTTO

Dottie Roman

1 c. rice (converted only)	1 med. onion
4 Tbsp. butter	1 qt. chicken broth
1 Tbsp. tomato sauce	black pepper

Chop onion and saute in saucepan in the melted butter. Saute slowly so onions do not burn and are golden. Add rice and chicken broth. Boil rice until cooked and broth is absorbed. Remember to turn often. The last few minutes before rice is cooked, add a Tbsp. of tomato sauce for coloring and black pepper to taste. If so desired, left over chicken may be cut in small pieces and added to broth while cooking.

RISOTTO MILANESE

Lydia Antolini, F. S.
La Vittoria #968

2 1/2 c. rice (converted rice is the best)
2 Tbsp. butter
1 small onion, chopped
3 c. chicken broth
1 tsp. salt
saffron

Melt butter (2 Tbsp.) in skillet. When bubbly, add 1 small onion - chopped. Cook 2 - 3 minutes, but don't brown. Add rice and stir until well coated. Add chicken broth, 1 c. at a time, 3 c. in all. Let each cup cook away before adding more. Add 1 tsp. salt and touch of saffron for flavor. When done, stir in 3 Tbsp. butter and grated parmesan cheese to taste.

I brought this recipe back from Milan.

ITALIAN RICE BALLS

Mrs. Kay Flotta
Italia Redenta Lodge #950

1 c. raw rice
1 c. College Inn chicken broth
1 small can tomato sauce
1 tsp. onion (chopped)
Salt and pepper to taste
1/2 c. celery (chopped fine)
1/8 tsp. oregano
pinch of basil leaves
garlic salt (optional)

Add above ingredients and cook together about 20 minutes or until rice is tender. If mixture seems too dry, add a little water to moisten. When rice mixture is cooked, set aside to cool, then add:

2 Tbsp. imported Romano cheese
2 whole eggs
1/4 tsp. parsley (finely chopped)

Mix altogether and form into balls and roll in bread crumbs. Deep fry in hot oil until light brown. Makes about 30 rice balls.

ARANCINI (Rice Balls)

Catherine Notaro
John B. Acchione #311

Gravy:
1 lb. sausage
1 lb. ground beef
1 large can tomato puree
1 pkg. frozen peas

Cut sausage in small pieces and remove the casing. Brown sausage and ground beef, add puree and simmer. When almost done, add the pkg. of frozen peas and cook for about 7 minutes longer. Strain and set both the gravy and meat aside.

Philadelphia, Pa. - 1029C

Rice Balls:

2 lbs. rice
1/4 lb. butter
1 small onion
2 scoops of the cooked Italian gravy
1/2 c. grated macaroni cheese
1 large mozzarello

Keep 3 qts. of boiling salted water aside to add to rice mixture as needed. In a 4 qt. casserole saute the chopped onion with butter. Clean rice and pour into the pot and add some of the boiling water. Let this cook for about 1 hr., stirring and adding the boiling water as needed. When cooked, add 2 large scoops of the strained gravy and the grated cheese. Mix well. Place in a pizza sheet and let cool. When cool enough to handle, make the rice balls as follows. Take a handful of rice in your hand and make a pocket, add the drained meat in the rice pocket and place a piece of the mozzarella cheese mold this into a ball. Dip them into the bread crumbs and deep fry. Drain on a paper towel. Serve hot. Buon Appetito. They resemble little oranges and are served in Italy as party snacks.

RICE SUPRI

Lena Campbell
Enrico Fermi Lodge #2047

2 c. cooked rice
1 egg
1 chicken liver
1 heart
1 gizzard
1 small onion
cooking oil
bread crumbs
salt and pepper
parsley
1 tsp. grated parmesan cheese

Cut the chicken liver, heart, gizzard and onion into very small pieces. Put 1 Tbsp. of cooking oil into a small pan and cook the above, adding a little salt and pepper, until done - about 10 minutes.

Put cooked rice into a mixing bowl. Add the above (Supri) egg, a little parsley, salt, pepper and grated cheese; mix well.

Mold into balls about 1 1/2" in diameter; roll in bread crumbs and fry in deep oil until golden brown.

BEAN AND BREAD CASSEROLE

Mary Martella
Betsy Ross Lodge

1 loaf Italian bread
1/2 c. oil
2 med. onions, cut up
salt
pepper
2 cans kidney beans
1/2 c. parmesan cheese

Slice bread into 4 pieces and put into a pot. In another large saucepan, add the oil, onions, salt and pepper to taste and cook until onions are transparent.

Add beans and 2 cans of water. Simmer for 15 to 20 minutes. Slowly add just the juice to the bread until it is soaked well. Cook over a very low flame for a few minutes. Add the beans on top and then the cheese. Let set for 10 to 15 minutes before serving. Serves 4.

BEEF AND EGGPLANT CASSEROLES

Anne Marie Staffieri

1 1/2 lbs. ground round
1 c. frozen chopped onion
1 large clove garlic, minced
1 env. (1 1/2 oz.) spaghetti sauce mix with mushrooms
1 can (8 oz.) tomato sauce with cheese
3/4 c. water
3/4 c. dry red wine
1 1/2 tsp. oregano
1 med. large eggplant, peeled and sliced
1/2 c. olive oil
1/2 c. grated parmesan cheese
1 1/2 tsp. basil
1 lb. mozzarella cheese, thickly sliced

Brown beef with onion and garlic in 2 Tbsp. oil in large skillet. Add spaghetti sauce mix, tomato sauce, water, red wine, basil and oregano. Saute 1/2 of the eggplant slices in 1/4 c. oil until limp and golden. Add remaining oil and eggplant slices. Transfer eggplant to 3 shallow oven-to-table baking dishes lined in foil.

Spoon meat sauce over eggplant. Sprinkle Parmesan cheese evenly over casseroles. Top with thick slices of mozzarella. Bake in hot oven 425 degrees for 50 minutes or until sauce is bubbly hot. Serves eight.

CHICKEN-SPAGHETTI CASSEROLE

Evelyn Lanzi

1 c. uncooked spaghetti, broken in pieces
1 c. grated cheese
2 Tbsp. chopped, stuffed olives
1 c. cooked chicken, diced
1 c. dried bread crumbs or cubes
1/4 c. chopped green peppers
1 1/2 c. milk
3 eggs, beaten

Cook spaghetti, drain. Combine with remaining ingredients. Turn into greased 1 1/2 qt. loaf pan or casserole. Bake at 350 degrees for 1 hr. Heat 1 can condensed tomato soup. Serve over loaf. Serves six.

MACARONI OR RICE IN OVEN
(Pasta O riso Al Forno)

Anna Rose Rossi
Loggia Italia Redenta #950

- 1 lb. Ziti macaroni or rice
- 2 qts. med. thick tomato-meat sauce
- 1 1/2 lbs. ground meat made into 1/2" size meatballs
- 6 hard boiled eggs
- 1 to 2 c. grated Italian Cheese, as desired

Have ready the 1/2" size meatballs by baking in oven until light brown, sliced hard-boiled eggs, strained sauce, and macaroni or rice cooked al dente.

In a large container mix lightly the cooked macaroni or rice with part of the tomato sauce and part of the cheese.

Spread more tomato sauce on bottom of a baking dish, put one layer of the macaroni or rice, spread with meatballs, sliced hard boiled eggs, and cheese, continue into layers, spreading the top with sauce and cheese. Bake in 350 degree oven 45 minutes.

ITALIAN SAUSAGE CASSEROLE

Louise Liccione

- 2 lbs. Italian sweet sausage
- 1/2 c. water
- 2 large onions
- 1 clove garlic
- 1 tsp. raisins (chopped)
- 1 large can tomatoes
- 1/2 c. dry red wine
- pinch rosemary
- 2 1/2 lbs. potatoes
- salt
- 1/4 c. grated cheese
- 2 tsp. parsley

Cut sausage in serving pieces. Place sausage in a Dutch oven together with 1/2 c. water. Let water evaporate and sausage brown. Discard half of the fat.

Add sliced onions and crushed garlic. Cook 2 minutes. Add raisins and crushed tomatoes, wine and rosemary. Bring to a boil. Cover. Simmer 1/2 hr. Add potatoes which were peeled and cut in wedges. Salt to taste. Simmer until potatoes are cooked about 1/2 hr. (If sauce is too thick add a little water). Stir in cheese and parsley.

OVEN STEW ITALIANO

Evelyn Lanzi

- 1 1/2 to 2 lbs. lean stewing beef
- 1/4 c. flour
- 2 Tbsp. cooking oil
- 8 carrots, sliced or diced
- 5 potatoes, pared, diced
- 1 pkg. onion soup mix
- 1/2 tsp. oregano
- 1/2 tsp. basil
- 1 - 6 oz. can tomato paste
- 4 c. water

(Cont.)

Coat beef with flour, toss with oil in a 3 qt. casserole. Bake at 400 degrees for 30 minutes. Stir once. Combine remaining ingredients. Add to meat and mix well. Cover, then bake for 2 hrs. or until meat is tender.

ZUCCHINI WITH TUNA FISH

Evelyn Forchetti
John B. Acchione Lodge No. 311

4 med. zucchini
2 slices bread, soaked in water and squeezed dry
1 Tbsp. olive oil
1 Tbsp. chopped parsley
1/2 tsp. pepper
1 med. can tuna fish, grated
1 Tbsp. olive oil
1 clove garlic
1 small can tomato puree
1/2 tsp. salt
1/4 tsp. pepper
1/2 c. water or stock

Scoop out zucchini with apple corer. Mix together bread, olive oil, parsley, pepper and tuna fish and fill zucchini with this stuffing.

Brown garlic in oil, add tomato puree, salt, pepper and stock and cook 15 minutes. Place stuffed zucchini in this sauce and bake in moderate oven (375 degrees) 45 minutes or until zucchini are tender to touch.

Serves four.

Write your extra recipes here:

Vegetables

BUYING GUIDE
Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

ASPARAGUS—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

BEANS, SNAP—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

BERRIES—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

CABBAGE AND HEAD LETTUCE—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

CUCUMBERS—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

MELONS—In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

ORANGES, GRAPEFRUIT, AND LEMONS—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

PEAS AND LIMA BEANS—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

ROOT VEGETABLES—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

SWEET POTATOES—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

VEGETABLES

BAKED ARTICHOKES

Virginia Ciammetti
Roxborough Ladies Lodge

1 can artichoke hearts
2 eggs
seasoned bread crumbs

Drain canned artichokes well. Dip in beaten eggs seasoned with salt, cheese, pepper. Coat with flavored bread crumbs. Grease pan and bake until golden. Turn occasionally to brown evenly. Asparagus may be done the same way.

CARCIOFI IMBOTTITI ALLA SICILIANA

(Stuffed Artichokes Sicilian)

Mrs. Irma Galzerano

4 large artichokes
1 c. bread crumbs
4 Tbsp. grated Caciovallo cheese
4 chopped anchovy fillets
2 cloves garlic, chopped
2 Tbsp. parsley, chopped
6 Tbsp. olive oil
salt and pepper to taste

Cut off stems and about 1/2" tips of artichokes. Remove tough outer leaves. Wash carefully. Tap on table to spread leaves open. Shake out all water.

Mix thoroughly bread crumbs, grated cheese, chopped parsley, anchovies, garlic, salt and pepper. Divide mixture into four parts; distribute one portion between the leaves of each artichoke. Then close. Place upright in saucepan to fit snugly. Pour 1 Tbsp. of olive oil over each artichoke. Put remaining oil in saucepan. Add 1 c. of water. Cover tightly; cook slowly for 1/2 hr. or until tender.

Test by pulling outer leaf. If it comes out easily, artichokes are done. Watch carefully, if the water evaporates, add a little more. Serves four.

EGG PLANT PARMIGIANA

Mrs. Frank Montemuro, Sr.
Judge Montemuro Lodge

3/4 c. flour
2 tsp. salt
1/3 c. milk
1 large eggplant cut into 1/4" slices
salad oil
1 large can tomato sauce
1/2 c. grated parmesan cheese shredded

On a sheet of waxed paper combine flour and salt. Dip eggplant into the milk and coat with flour mixture. Heat oil in a large skillet over med. heat. Cook eggplant a few slices at a time until golden, adding oil as needed. Remove from skillet and drain on paper towel. In greased 12 X 8" baking pan arrange half of egg plant slices spoon half of the tomato sauce over eggplant and sprinkle with parmesan cheese. Then top with half of mozzarella, then repeat. Bake at 350 degrees for 20 to 25 minutes. Serves six.

FAGIOLINI (String Beans with Tomatoes)

Daisie Molinari

1 1/2 lb. fresh string beans
1 1/2 lb. ripe tomatoes
1 Tbsp. oil
1 onion, chopped
parsley, chopped
salt and pepper

Wash and cut beans. Cut tomatoes in small pieces. Saute onion in oil. Add tomatoes, bring to a gentle boil. Add well drained beans, salt and pepper.

Cover pan and cook gently for 30 minutes until beans are tender. Add parsley before serving.

SAUTEED BROCCOLI

Daisie Molinari

2 lbs. fresh broccoli
5 Tbsp. olive oil
1 or 2 cloves chopped garlic
2 c. dry, white wine

Divide broccoli heads into small pieces, removing coarse leaves. Wash well in cold water. Place in salted, cold water for 10 minutes. Drain.

Heat oil in large pan and saute garlic. Do not brown. Add broccoli and wine. Bring slowly to a boil and cook gently, stirring occasionally, until tender. Serve hot - serves four.

ITALIAN STYLE BROCCOLI

Linda Rohland
Rosa Garibalde Lodge 1818

1/4 c. canned tomato sauce
1/4 tsp. oregano leaves
1 Tbsp. vinegar
2 Tbsp. butter or olive oil
2 lbs. fresh broccoli or 2 pkgs. 10 oz. each, frozen broccoli spears, cooked and hot
1/2 c. grated parmesan cheese

Heat tomato sauce, oregano, vinegar and butter until sauce bubbles and butter melts. Pour over the drained broccoli in a serving dish; sprinkle with the cheese. Makes 6 to 8 servings.

Phila. Pa. 1029C

BROCCOLI CASSEROLE

Florence Johnston
Aurora Lodge

10 oz. Velveeta Cheese
1 med. onion, chopped
6 Tbsp. butter
2 Tbsp. flour
1/2 c. water
2 pkgs. frozen chopped broccoli, thawed
3 eggs
bread or cracker crumbs

Melt cheese in double boiler. Saute onions in butter. Heat to boiling. Blend in cheese. Combine sauce with broccoli and beaten eggs in casserole. Top with bread or cracker crumbs. Bake at 325 degrees F. for about 1 hr. or when knife inserted in center comes out clean.

BROCCOLI RABE PATTIES

Vivian Pacifico
Commonwealth Lodge Auxiliary

4 eggs
1/4 c. flour
salt and pepper
3 lbs. broccoli rabe (bitter broccoli)
1/3 grated cheese
5 Tbsp. olive oil

Cook broccoli in boiling, salted water about 10 minutes or less. Drain. Combine eggs, flour, cheese, salt, pepper with drained broccoli. Form into patties. Fry in hot olive oil until golden. (Broccoli rabe is in season October through March).

EGGPLANT EN CASSEROLE

Joseph C. Martino
Vince Lombardi Lodge

Large eggplant
3 eggs
grating cheese
1/4 tsp. salt
16 oz. can stewed tomatoes
2 c. Italian flavored bread crumbs
1 tsp. parsley
garlic powder

Peel eggplant, slice (1/4"), place in deep bowl of cold water with 1/4 tsp. salt.

Let stand for about 30 min. Drain and brown lightly in oil.

Combine: Chopped hard boiled eggs, bread crumbs, pinch garlic powder, parsley

Layer eggplant slices in casserole, add bread crumb mix between layers, also grating cheese. Pour heated stewed tomatoes over eggplant layers and grated cheese. Bake at 350 degrees for 30 minutes.

EGGPLANT AND CHEESE

Mrs. Rocco Graziano
Alpine Star Lodge

- 4 Tbsp. oil
- 1 large eggplant, cut in 1/2" slices
- 1 c. chopped onion
- 1 clove garlic, crushed
- 1 can (1 lb.) tomatoes, broken
- 2 Tbsp. parsley
- 3/4 tsp. salt
- 1/8 tsp. cinnamon
- 1/8 tsp. pepper
- 1 1/2 c. ricotta or cottage cheese
- 1/2 c. parmesan cheese
- 1 egg

Brown eggplant in a large skillet, using 1 tsp. of oil at a time. Drain on paper towel. Add remaining oil to skillet and saute onion and garlic until tender. Add tomatoes, parsley, salt, pepper and cinnamon. Simmer uncovered 5 minutes. Spread half the tomato mixture in a 12 X 8 X 2" baking dish. Mix ricotta cheese, 1/4 c. parmesan cheese and egg. Spread over tomato mixture. Arrange eggplant, overlapping, on the cheese mixture. Sprinkle with 2 Tbsp. grated cheese. Cover with tomato mixture and remaining grated cheese. Bake uncovered in 375 degree oven 35 to 40 minutes or until tender.

EGGPLANT WITH SWEET-SOUR SAUCE
(Caponatina)

Anna Rose Rossi
Loggia Italia Redenta #950

- 4 eggplants (medium)
- 1/2 c. capers
- 1 bunch celery
- 1 lb. green olives (pitted)
- 1 1/2 c. tomato puree
- 2 onions
- 4 Tbsp. vinegar
- 2 Tbsp. sugar
- salt and pepper to taste

Dice eggplant, salt for 1 hr. If desired the eggplant may be peeled. Drain well to remove all liquid, then fry in oil until brown, cut celery in julienne strips and boil in water until just medium cooked, then strain out all the water. Slice onions very thinly and brown lightly in oil, add drained celery and fry together a few minutes. Add tomato puree; cook slowly 30 minutes. If too dry, add a little water. Add capers, olives which have been sliced lengthwise, sugar, vinegar, salt and pepper to taste. Heat and simmer 20 minutes. Cool and refrigerate.

ROLLED STUFFED EGGPLANT

Beatrice Marconi
Alpine Star Lodge

- 1 med. eggplant pared and cut lengthwise in 1/8" slices
- 1 slightly beaten egg
- 1/2 c. milk
- 2 tsp. oil
- 1/8 tsp. salt
- cooking oil for frying
- 1/2 c. farmer's cheese or ricotta
- 2 Tbsp. parsley, snipped

Phila. Pa. 9C

1/2 c. flour
dash pepper
1 1/2 c. tomato sauce

Sprinkle both sides of eggplant slices with salt, stack on paper toweling, let stand for 40 minutes. Press each slice between paper towel to remove moisture. Combine egg, milk, and 2 tsp. of oil, add flour and salt, beat until smooth. Dip eggplant slices a few at a time, into batter. Cook on both sides in a small amount of oil (hot). Drain on paper towel. Combine cheese, parsley and pepper. Place about 1 Tbsp. of cheese mixture in center of eggplant slice, roll up in jelly roll fashion. Heat sauce and pour some in bottom of baking dish. Top with eggplant rolls, seam side down, then add remaining sauce. Bake covered in 375 degree oven for 30 minutes. Makes 6 to 8 servings.

ITALIAN EGGPLANT CROQUETTES

Joanne Lacovara
Judge Montemuro Lodge #2193

1 small eggplant (peeled)
salt and pepper
1 small matacotti (grated)
1 onion
Progresso bread crumbs
grated cheese

Boil cut up eggplant (cut in cubes) with onion until soft.

Drain over a strainer, leaving the onion mixed with the eggplant. Over this (in a bowl) grate matacotti cheese and a little Italian cheese. Add salt and pepper. Add as much matacotti as you like. This will start to melt, since the eggplant is still hot.

Add your Progresso bread crumbs so mixture will hold together. Shape into croquettes. Roll in bread crumbs. Lightly fry until golden brown on each side. These can also be baked in the oven.

Eat when hot, so the cheese is still melting. Can be frozen and heated in tin foil. Yields about 10.

FRITTO MISTO (Mixed Fry)

2 c. flour
1 tsp. salt
1/4 tsp. pepper
1 1/2 c. milk
3 eggs, well beaten
2 tsp. shortening, melted
vegetables (artichoke hearts,
  zucchini, broccoli, celery,
  etc. or fruit (apples, pears,
  etc.)
Mozzarello cheese cut into pieces

Sift together flour, salt and pepper. Combine milk, eggs and melted shortening and gradually add dry ingredients, beating until smooth. Dip each piece of vegetable, fruit or cheese into batter.

Deep fry as many pieces as will float uncrowded in one layer. Drain on absorbant paper and serve on a warm platter.

MARINATED MUSHROOMS

Mary Elizabeth Neri
Olga Diluzio

- 1 lb. small mushrooms
- 4 Tbsp. wine vinegar
- 3 Tbsp. olive oil
- 1 tsp. salt
- 1/2 tsp. oregano
- dash black pepper
- 1 Tbsp. parsley (chopped)
- 1 clove garlic (crushed)

Cook mushrooms 5 to 10 minutes in a small amount of salted water. Drain.

Blend all ingredients and pour over the mushrooms and marinate in refrigerator several hours before serving.

FUNGHI CON ALIO E ACETO

Dorothy Lerario
Judge Montemuro Lodge

- 1 lb. mushrooms with 1/2" caps
- vinegar
- hot water
- 1/4 c. olive oil
- 2 tsp. salt
- 2 tsp. peppercorns
- 2 cloves garlic, quartered
- 1 tsp. mace
- white vinegar

Put mushrooms in saucepan and cover with equal amounts of vinegar and hot water. Bring mixture to boiling and cook 5 minutes. Drain liquid from mushrooms and cool. Combine remaining ingredients. Pack mushrooms in jar with mixture and enough vinegar to cover. May be stored covered in refrigerator for 3 days. Serve cold.

FUNGHI RIPIENI CON PROSCIUTTO

(Baked Mushrooms Stuffed with Prosciutto)

Joanne Barone Dragun
Judge Montemuro Lodge

- 1 1/2 lbs. fresh mushrooms
- juice of 1/2 lemon
- 2 Tbsp. butter
- 1/3 c. finely chopped shallots or onion
- 1 clove garlic, minced
- 1 c. finely chopped prosciutto
- 1/3 c. finely chopped parsley
- 1/4 c. freshly grated parmesan cheese
- 1/2 tsp. dried basil
- salt and pepper
- Italian bread crumbs (unflavored)
- olive oil

Preheat oven to 400 degrees F. Carefully remove stems from mushroom caps. Squeeze lemon juice over the caps. Mince the stems. Melt butter in a heavy skillet over high heat. Stir in shallots and garlic. Add mushrooms; reduce heat to medium. Stir for about 2 minutes. Add prosciutto; stir again and remove from heat. Add parsley, cheese, pepper, basil and salt. Mix well. Fill mushroom caps with mixture. Sprinkle very lightly with bread crumbs. Place mushroom caps on a baking sheet and dribble a little olive oil over each one. Bake for 25 minutes. Serve hot or cold. Serves six.

PEPERONI ARROSTITI (Roasted Peppers)

Vivian Pacifico
Commonwealth Lodge Auxiliary

8 large firm, green or red peppers
2 cloves garlic, chopped
5 Tbsp. olive oil
1 Tbsp. vinegar
salt and pepper

Wash and dry peppers. Put on broiler rack, seven inches below med. flame. Broil 10 minutes or until toasted on all sides. Watch carefully turning to prevent burning. When peppers are soft, remove and cool. Peel off brown skin, take out stems and seeds. Cut lengthwise in 2" strips.

Mix oil, vinegar and garlic. Add salt and pepper. Place peppers in deep bowl, pour mixture over them. Allow to marinate a few hours. Serve cold or warm.

STUFFED PEPPERS FROM APULIA
(Peperoni Ripieni)

Dorothy Marcucci

6 med. green bell peppers, seeded and cut into 1/4's
4 rolled anchovies with capers chopped fine
8 black ripe olives chopped
4 Tbsp. olive oil
1 large clove garlic, crushed
4 Tbsp. bread cubes

Mix anchovies, olives, garlic bread crumbs and oil very well. Place a bit of the filling in each slice of pepper. Dribble additional oil over the peppers. Place on a baking sheet covered with a thin layer of olive oil. Bake at 350 degrees, 30 minutes. Serve warm or cold.

STUFFED PEPPERS

Connie D'Ortenzio
Greater Havertown Lodge #2224

4 med. green peppers or 6 small peppers
6 or 7 slices white bread, cubed
2 eggs - beaten
2 Tbsp. grated Italian cheese
1 small clove garlic - chopped fine
2 Tbsp. raisins (optional)
1 can (2 oz.) anchovies cut 1/2" pieces
chopped parsley
salt and pepper to taste

Mix all of the above ingredients together except peppers. Cut a 1" piece off the stem end of the peppers; scoop out the seeds and fibers. Stuff the peppers and arrange in an oiled baking dish. Sprinkle peppers with oil. Bake in a 375 degree oven about 1 hr. Serve hot or cold.

STUFFED FRYERS (PEPPERS) WITH ZUCCHINI

Rita Pettinelli

1 doz. peppers (fryers)
3 lb. zucchini
2 large onions
6 slices bread
small can tomato sauce (optional)
12 eggs, beaten
salt and pepper to taste
parsley flakes
1/4 c. locatelli cheese
1/2 c. oil

Peel zucchini and onions and cut in very small pieces, fry slowly in oil until very soft. Meanwhile in bowl break bread into small pieces, add all seasonings and grated cheese. Then add eggs. Drain cooked zucchini mixture well. Then add to egg and bread. Stuff peppers with mixture. Fry slowly until brown on all sides. Add tomato sauce and cook until it dries a little (about 20 minutes). (May be made without the tomato sauce).

PATATE PATTIES (Potato)

Mrs. Gino DeSantis
Loggia Nuova Italia

3 med. sized potatoes
1/2 c. bread crumbs
1/4 c. grated parmesan cheese
2 tsp. chopped parsley
1 egg, slightly beaten
salt and pepper
1 Tbsp. flour
1 egg, well beaten
1 c. bread crumbs
1/2 c. olive oil

Peel and quarter potatoes and boil in salted water until tender. Press through a ricer or mash very fine. Add crumbs, cheese, parsley, flour, slightly beaten egg and seasonings.

Mix thoroughly and form into patties. Dip patties in well beaten egg, then in bread crumbs. Fry in hot oil until golden brown - approx. 3 minutes.

RISOTTO AL VERDE (Rice with Vegetables)

(Serves 6)

Rose Santo

1/2 c. oil
1 lb. fresh spinach, chopped
1/4 lb. string beans, chopped
1 c. carrots, grated
1 med. size onion, chopped
1 clove garlic, chopped
1/2 tsp. thyme
2 tsp. salt
1 qt. water
2 c. pre-cooked rice
Grated cheese (Italian)

Pour oil into saucepan and place over moderate heat. Add spinach, string beans, carrots, onion, garlic, thyme and salt. Cook until onions are slightly browned. Add water and continue cooking for about 10 minutes. Then add cooked rice. Sprinkle with grated Italian Cheese.

RISI E BISI (Rice and Peas)

Margaret D'Ambrosio

6 Tbsp. butter or margarine
1/3 c. finely chopped onion
2 Tbsp. finely chopped parsley
1 c. raw, regular white rice
1 pkg. frozen peas
1 tsp. salt
2 Tbsp. grated parmesan cheese

Saute onion in 4 Tbsp. of butter using a 3 qt. saucepan. Add parsley and rice; saute, stirring occasionally 5 minutes. Add 2 c. of water. Bring to boil, reduce heat and simmer, covered without stirring for 14 minutes or until liquid is all absorbed.

Meanwhile cook peas as pkg. label directs; drain well. Stir peas, salt and remaining butter into rice. Turn into serving dish. Sprinkle top with grated parmesan cheese. Makes 6 to 8 servings.

MOCK SPINACH SOUFFLE

(Must be made one day ahead)

Lois Jacono
Dante Alleghieri Lodge

1 loaf sliced bread
4 c. milk
6 eggs
garlic salt to taste
3 pkgs. chopped spinach
1 lb. sliced cheese
1 c. parmesan cheese
oregano to taste

Line large (12 X 16") baking pan with bread. Cover with sliced cheese, cheese overlapping slices. Alternate with layers of cheese and milk mixture. Top with spinach. Sprinkle with garlic salt and oregano to taste. Refrigerate overnight (a must).

Bake uncovered 1 hr. Last 20 minutes sprinkle with parmesan cheese, then finish baking. Turn off oven and leave souffle in for 15 minutes to set. Serve immediately. Serves 8 to 12.

Great for luncheon, buffet or Lenten dinners.

ERBAZZONE (Spinach Pie)

Dorothy Marcucci

Pastry:
1 1/2 c. flour
1/2 tsp. salt
1/2 c. butter or margarine
6 Tbsp. cold water

Filling:
1 c. spinach cooked and drained well
4 Tbsp. butter
1/2 tsp. salt
dash of nutmeg
dash pepper
3 eggs, beaten
1 c. ricotta
1/4 c. parmigiano cheese, grated
1/2 c. light cream

(Cont.)

Mix all ingredients for pastry and form into a ball. Roll out into 9" pie shell.

Drain the cooked spinach well. Chop and mix with butter, salt, nutmeg and pepper. Place in bottom of pie shell. In a bowl, mix the eggs, ricotta, cheese and cream. Pour over the top of spinach. Top with pastry and seal edges. Prick top with fork.

Bake at 350 degrees for 50 minutes. May be frozen and reheated at 400 degrees for 15 to 20 minutes. Serves 20 - 1" slices.

SPINACH PIE

Mary Monte
John B. Acchione Lodge

1 - 10 oz. pkg. chopped spinach	1 small onion
4 eggs	salt and pepper to taste
1 small mozzarella cheese	grated parmesan cheese

Make your favorite pie crust using a well greased 8" pie plate. Bake at 400 degrees for 10 minutes or until lightly browned. Cook spinach in salted water and drain well. Beat eggs, add minced onion and shredded mozzarella cheese. Add salt and pepper to taste. Mix with the spinach and pour in the baked pie crust. Sprinkle with parmesan cheese. Bake in 450 degree oven, 20 minutes.

ZUCCHINI FRITTI or FRIED SQUASH

Florabell Loverdi
Garibaldi Lodge - 1818

3 zucchini	2 Tbsp. chopped parsley
1/2 c. oil	2 oz. grated Romano cheese
salt and pepper to taste	

Wash and scrape zucchini lightly. Cut cross-wise into 1/2" slices. Fry in hot oil about 3 minutes or until slightly brown and soft.

Sprinkle with salt and pepper, also sprinkle each slice with chopped parsley and grated cheese. Serve hot - serves six to eight.

ZUCCHINI

Mrs. Dora Smith
Judge Montemuro Lodge #2193

5 med. sized zucchini, unpeeled, sliced 1/4" thick	1/2 tsp. onion salt
1/3 c. oil	1/2 garlic powder
1 c. sliced onions	1 tsp. oregano
4 med. sized fresh tomatoes, cut up	5 Tbsp. grated parmesan cheese
1/2 tsp. salt	1 c. celery, sliced

Put zucchini, oil, onions, celery, tomatoes and seasonings in skillet. Sprinkle generously with parmesan cheese. Cover skillet and cook on top of stove for approx. 45 min., until very tender.

ZUCCHINI PICKLE SLICES

Marie D'Onofrio

2 lbs. fresh firm zucchini
3 med. onions
1/4 c. pickling salt
(Kosher salt may be used)*
2 c. white vinegar
3 c. cider vinegar
1 tsp. celery seed
1 tsp. turmeric
2 tsp. mustard seed

Wash zucchini and cut into thin slices. Peel and cut onions into thin slices, add to zucchini and cover with water to 1" above vegetables. Add the pickling salt. Let stand 2 hours.

Drain off water thoroughly. Put remaining ingredients into a pot and bring to a boil. Pour boiling brine over drained squash and onions and let stand 2 hours. Then let the entire mixture come to a boil and simmer gently 5 minutes.

Pack squash and onions into sterilized pint jars. Pour brine over to within 1/8" of top of jar. Adjust caps (2 part lids may be used), tighten them and process in hot water bath canner, simmering 15 minutes.

Remove from canner and tighten caps. Cool and store. Let stand 6 weeks before using.

Left over brine may be used to pickle other vegetables.

*Regular table salt cannot be used. It will make any pickle soft instead of crisp.

ZUCCHINI PIE

Rita Pettinelli

3 lbs. zucchini
2 large onions
1/4 c. oil
salt and pepper to taste
garlic powder to taste
parsley flakes
1 dozen eggs
1 lb. ricotta cheese
1/2 c. locatelli cheese

Grease well one 9 X 9 X 1 1/2" pie plate. Peel zucchini and onions. Fry slowly in oil. Add seasonings. Meanwhile in bowl beat eggs, then add ricotta in chunks (do not mix well, ricotta should remain in chunks). Add cheese. When zucchini and onions are soft, drain liquid. Put zucchini mixture into greased plate, add egg mixture and fold together. Bake at 350 degrees F. for 1 hr.

TIELLA (A Calabrian Casserole of Zucchini and Potatoes)

Peggy Montemuro
Judge Montemuro Lodge #2193

Potatoes	
Zucchini	Fresh ripe tomatoes
Onions	Oil, salt, oregano, grated cheese

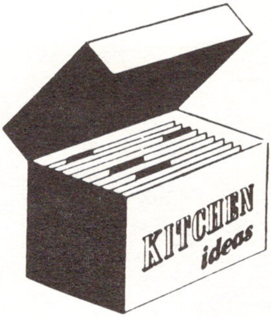
1 - 9 1/2 X 13" aluminum baking pan, oil slightly and set aside.

Slice enough potatoes to cover bottom of baking pan in a single layer. Then slice zucchini, leaving skin on, and spread in a single layer over the potatoes. The 3rd layer will be fresh tomato slices topped with onion slices (the onion slices should be in the amount that you like). Sprinkle with salt, oregano and Mazola oil. Now begin all over with a layer of potatoes, etc. Sprinkle grated cheese over final layer with salt, oregano and Mazola oil.

Cover with tin foil and bake in 350 degree oven until vegetables are cooked through (approximately 45 - 50 minutes*). Remove tin foil and allow to brown for 10 - 15 minutes. Serve as a vegetable.

Write your extra recipes here:

Breads, Rolls, Pies, Pastries



Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Sweet potatoes will not turn dark if put in salted water (five teaspoons to one quart of water) immediately after peeling.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil, too.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

It is easy to remove the white membrane from oranges—for fancy desserts or salads—by soaking them in boiling water for five minutes before you peel them.

You can get more juice from a dried up lemon if you heat it for five minutes in boiling water before you squeeze it.

If it's important to you to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.

If the whipping cream looks as though it's not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it and it probably will.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

ITALIAN BREAD

Evelyn Lanzi

- 3 c. very hot water
- 2 pkgs. dry yeast or 1 large cake
- 2 Tbsp. sugar
- 2 Tbsp. oil
- 1 Tbsp. salt
- 8 c. flour

Dissolve yeast in one of warm water. Pour remaining 2 cups in mixing bowl. Add sugar, salt and oil. Stir in yeast mixture. Add 2 c. of flour at a time, mix. After the fifth time cover and let stand for 10 minutes longer. Then pour on a well-floured board, cut in 4 sections, then let stand for 10 minutes uncovered. Roll each piece out and roll as a jelly roll, pinch ends. Put on greased cookie sheet. Cover and let rise 1 1/2 hrs. Bake at 400 degrees for 30 to 35 minutes. Makes four loaves.

FOCCACIA (ITALIAN FLAT BREAD)

Mary Darpino
Greater Havertown Lodge #2224

- 1 Tbsp. or 1 pkg. active dry yeast
- 1 tsp. honey
- 1 tsp. salt
- 2 tsp. rosemary
- 7 Tbsp. vegetable oil
- 1 1/2 c. unbleached white flour
- 1 1/2 c. whole wheat flour

Dissolve yeast in 1 c. warm water and let stand until it begins to foam (about 5 minutes). Add honey, salt, rosemary and 1 Tbsp. vegetable oil. Add 1/2 the flour and stir well on a floured board. Knead in remaining flour. Pour 2 Tbsp. oil into 9 X 13" pan or 12" pizza pan. Poke holes with finger at random, every 2" in dough. Pour remaining oil over dough, spreading evenly. Bake in preheated 400 degree oven for 25 minutes.

To serve: cut in rectangles or wedges and serve warm with soup.

BROCCOLI BREAD

Mary Elizabeth Neri

- 1 bunch of broccoli
- 2 cloves garlic
- 5 Tbsp. oil
- bread dough
- 1/2 stick pepperoni
- 1 small can black olives

Fry broccoli with garlic and oil. Strain. Roll out dough 1" thick. Chop broccoli and spread on dough. Slice pepperoni and olives and place on top of broccoli. Roll up and bake 1/2 hr. at 375 degrees.

GARLIC BREAD

Marie Barone Dolan
Judge Montemuro Lodge

1/2 lb. butter
1/4 lb. American cheese, grated
2 tsp. garlic powder
5 Tbsp. sesame seeds
5 Tbsp. poppy seeds
Italian Rolls
paprika

Beat ingredients with electric mixer until blended. Cut Italian rolls in half lengthwise. Spread mixture on bread, sprinkle with paprika and place on a cookie sheet. Bake at 500 degrees for 5 to 10 minutes.

ZUCCHINI BREAD

Philomena Conicella
Ardmore Lodge #1943

3 eggs
1 c. oil
1 1/2 c. sugar
1 c. zucchini, grated and well drained
2 tsp. vanilla
2 c. sifted flour
1/4 tsp. baking powder
2 tsp. baking soda
3 tsp. cinnamon
1 tsp. salt
1 c. dark raisins - soaked
1 c. chopped walnuts

Beat eggs lightly in large bowl. Stir in oil, sugar, zucchini and vanilla. Sift together flour, baking powder and baking soda, cinnamon. Stir into egg mixture until well blended. Stir in nuts and raisins. Spoon batter into 2 well greased 8 X 5 X 3" loaf pans. Bake at 375 degrees for 1 hr. or until center springs back when lightly pressed with finger tips. Cool in pans on wire rack for 10 minutes. Remove from pan and cool completely.

FRIED BREAD BALLS

Anne Strollo Cummins
Germantown Lodge #683

3 large hoagie rolls (dried)
3 1/2 tsp. grated parmesan cheese
1 egg
4 sprigs of Italian parsley - cut fine or 1/2 tsp. dried parsley
1/4 c. of oil
1 tsp. salt
1/4 tsp. black pepper

Soak bread in cold water about 5 minutes until softened. Squeeze out water until bread feels almost dry. Crumble in bowl, add salt, black pepper, cheese and parsley. Beat egg with fork until liquified (bubbles start to form about 2 minutes), and add egg to mixture, mix until well combined. Roll into small balls about 1" in diameter. Fry in oil over med. flame, (about 8 minutes on each side) until golden brown. Makes approximately 40 bread balls.

These can be used in place of croutons in soup, or serve hot as hors d'oeuvres. If usedas hors d'oeuvres, add 1 tsp. or more of grated cheese when mixing ingredients.

PIZZA BREAD

Rose Di Benedetto
Women's Div.

5 1/2 to 6 1/2 c. flour
3 Tbsp. sugar
2 tsp. salt
1 pkg. dry yeast
1 1/2 c. water
1/2 c. milk
3 Tbsp. oleo or oil
1 stick pepperoni - sliced
1 lb. provolone cheese (grated like pizza cheese)
2 cans anchovies
1 tsp. garlic salt
1 tsp. oregano

In a large bowl, mix 2 c. flour, sugar, salt and yeast. Add water, milk, oleo that has been heated in a saucepan. Beat 2 minutes with electric mixer. Add 3/4 c. flour. Beat 2 minutes more. Add enough flour and knead until smooth and elastic. Place in greased bowl and let rise until double in bulk.

Divide dough into two parts. Roll each as jelly roll. Place pepperoni all over the dough, then anchovies, then cheese, all over dough. Sprinkle garlic salt and oregano if desired over this. Roll as for jelly roll. Put in bread pans. Let raise until double in bulk.

Bake at 350 degrees for 25 to 30 minutes. This bread has pepperoni, cheese and anchovies swirled through the bread dough.

ITALIAN STROMBOLI ROLL

Susan Biagi

1 or 2 eggs
Bread Dough
Italian grated cheese
3 or more cheeses (any kind) diced
Ham, pepperoni, salami (one or more to taste)
1 tsp. basil
Paprika

Buy or make your own dough. Grease a cookie sheet with margarine. Spread dough to fit the sheet. Beat eggs with grated cheese and spread over dough. Add cheeses and ham. Sprinkle basil over the mixture. Add remaining egg mixture if any, over the dough. Roll, sprinkle paprika. Bake at 400 degrees for 13 to 15 minutes. Slice and serve hot or cold.

TOPPING FOR PIZZA

Filomena Di Marzio

1 - 8 oz. can tomato sauce
garlic powder
oregano
salt and fresh pepper

An 8 oz. can of tomato sauce will cover one 13" pizza. Spoon the tomato sauce over the dough, covering it completely. Sprinkle with garlic powder, oregano, salt and pepper to taste. Top with any of the following meats or vegetables, but always use the Mozzarella cheese or Bel Paese cheese as a final topping. Anchovies, Italian hard salami, thinly-sliced mushrooms, partially-cooked bacon, thinly-sliced onion, partially cooked green pepper. Bake in preheated 400 degree oven for 20 minutes as low as possible in the oven. Cut into eight wedges and serve.

PIZZA DOUGH

Filomena Di Marzio

1 pkg. dry yeast
1 c. lukewarm water
2 Tbsp. olive or salad oil
1 tsp. salt
2 1/3 c. flour

In a bowl, dissolve the yeast in warm water. Add the oil, salt and flour. The dough should be soft, neither sticky nor dry and flaky. Add a little more flour or water to achieve the proper consistency. Turn dough out on board and knead until smooth and shiny. Place in greased bowl, greasing the surface of the dough with oil, cover bowl with plastic wrap and allow to rise about 2 hrs. This is enough dough for a 16", round pizza tray. After the dough has doubled, punch down and roll out to fit light-oiled tray.

PIZZA

Evelyn Lanzi

1 pkg. dry yeast
2/3 c. shortening
1 Tbsp. sugar
1 Tbsp. salt
1 1/2 c. warm water
4 c. all purpose flour

Sauce:
1 green pepper, cut in strips
1 can tomato paste
salt to taste
1 can water
1/3 c. salad oil
1 clove garlic
1 med. onion
1 can tomato sauce
2 Tbsp. chopped celery
1 tsp. sugar

Dissolve the yeast, sugar, salt and shortening in warm water. Mix in flour well. Knead until smooth, place in a greased bowl and set in warm place to rise. Meanwhile make the sauce. Saute the green pepper strips in oil until limp. Remove peppers and set aside. Add onions and garlic to oil. When slightly brown, add remaining ingredients and simmer at least 1/2 hr. Oil well 2 large baking pans. Divide dough in half and roll out each piece to fit the pans. Spread half the sauce over each pizza. Top as you desire. Bake at 450 degrees for 15 minutes.

FUOCACIA (SICILIAN PIZZA)

Joseph H. Previty
Commonwealth Lodge #1949

1 Pizza shell - 12" diameter
1 c. shredded sharp provolone cheese
1 can flat anchovy fillets
3 c. finely chopped curly endive or escarole
4 peeled plum tomatoes (canned)
1/8 c. olive oil

Place pizza dough or shell on cookie sheet; spread with shredded cheese; lay anchovies over cheese. Cover with chopped escarole, dot with tomato halves, sprinkle with olive oil and season with salt and pepper. Bake in 400 degree oven for 20 minutes or until dough turns rich brown on bottom.

PIZZA RUSTICA (Party Snacks)

Sara Livolsi
Stella Lucenti Lodge

2 - 1 lb. loaves of bread dough
1 1/2 lb. Italian sausage
1 large mozzarella cheese
1/4 lb. ham, diced
1/4 lb. salami, diced
1/4 lb. Capicolla, diced
1 tsp. parsley
8 eggs, beaten
1/2 c. Italian cheese grated
3 large onions

Saute the chopped onions in oil, remove from pan. Take the sausage out of the casing and brown in the same pan. Combine onions with sausage.

Stretch 1 lb. dough in a greased pan 13X 9 X 2" up the sides of pan. Layer the cold cuts, mozzarella cheese, sausage and onions. Pour the beaten eggs together with parsley and grated cheese over the filling.

Arrange the other lb. of dough to make a crust. Place on top and seal edges. If any oil is left in fry pan, pour on top of crust. Place on top and seal edges. If any oil is left in fry pan, pour on top of crust.

Bake in preheated oven 425 degrees for 1 hr. (Frozen dough may be used when thawed).

PIZZA RUSTICA (A country pie from Naples)

Dorothy Marcucci

Pastry:

1 1/2 c. flour
1/2 tsp. salt
1/2 c. butter or margarine
6 Tbsp. cold water

Filling:

1 c. ricotta
1/2 lb. Mozzarella, diced
8 slices pepperoni sausage
3 eggs, beaten
2 Tbsp. chopped parsley
1 c. sliced provolone
1 c. grated parmigiano
1/4 tsp. pepper
dash salt

Mix all ingredients for pastry and form into a ball. Roll out into a 9" pie shell.

Mix all ingredients for filling in a bowl. Fill the pie shell. Top with pastry strips. Bake at 350 degrees for 35 to 40 minutes. Serve warm or room temperature. May be frozen. Serves 12 to 15 as appetizers.

PIZZA SECCO (DRY)

Lois Jacono
Dante Alleghieri Lodge

Pastry:

4 c. flour
1 1/3 c. shortening
2 tsp. salt
2 tsp. pepper
5 oz. water

Filling:

3 lbs. ricotta
6 eggs, beaten
salt and pepper to taste
1/4 lb. grated Locatella Cheese
1 lb. prosciutto
2 lbs. mozzarella cheese (sliced)
2 lbs. fresh pot cheese (sliced)

Flour 12 X 16" pan. Mix pastry ingredients as for pie crust (dough will be stiff). Line pan with half of crust, leaving enough on the sides to seal the top.

Mix all ingredients in column one of filling. Layer prosciutto, mozzarella, pot cheese and ricotta filling. Top with remaining pastry and seal edges. Glaze top with beaten egg.

Bake 300 degrees for 1 hr., then lower temp. to 275 degrees for 2 hrs. or until set. A knife inserted near center should come out clean. Do not overbake.

Refrigerate when cool. Will keep for 2 weeks. Very rich and very good eating.

HOLIDAY PASTRY

Mrs. Joseph Kruper
Rosa Garabaldi Lodge

2 c. flour
1/2 tsp. salt
dash pepper
1 egg
2/3 c. shortening
1/4 c. water

Beat egg slightly. Add water. Mix ingredients like pie dough.

Filling:
1 stick pepperoni, sliced
6 hard boiled eggs
8 oz. pkg. of scamorza cheese
2 eggs

Divide dough in half. Roll one half and place in 10" pan. Shred cheese and set aside 1/4. Place cheese and pepperoni on bottom of pan. Slice hard boiled eggs and arrange top of cheese. Beat eggs with 1/4 of the cheese that was set aside. Add pepper and salt. Spread this mixture on top.

Roll remaining dough and place on top. Brush crust with one egg, bake in 350 degree oven for 35 to 40 minutes.

PIE A LA ITALIANA

Florence Johnston
Aurora Lodge

1 can (8 oz.) Pillsbury refrigerator crescent rolls
2 eggs, slightly beaten
2 c. (8 oz.) cubed mozzarella or Monterey Jack cheese
1 pkg. (10 oz.) sliced smokie links
1 Tbsp. grated parmesan cheese

Preheat oven to 325 degrees. Unroll crescent dough and separate into 8 triangles. Place 5 triangles in 9" pie pan. Pressing pieces together to form a crust. Reserve 3 triangles for top crust. Combine remaining ingredients in large mixing bowl. Pour into crust. Roll out remaining triangles. Cut into strips. Criss-cross over filling to form a lattice top. Flute edge. Bake uncovered 60 to 70 min. or until knife inserted near center comes out clean.

ITALIAN EASTER BREAD

Rose Di Marco
Judge Montemuro Lodge

8 c. flour
2 cakes yeast dissolved in 3/4 c. warm water
1 Tbsp. salt
8 large eggs
grated rind of 4 lemons
2 c. sugar
1 c. shortening
1 Tbsp. vanilla
4 oz. anisette

(Cont.)

Place all ingredients into a large bowl. Work gently with wooden spoon, mixing eggs and shortening well into flour. Work until flour is thoroughly mixed and a large ball is formed. Knead 15 to 20 minutes until dough is smooth and soft. Allow dough to remain in bowl. Cover with a large cloth and let stand in warm area. Raise 12 to 16 hours. Knead again for 10 minutes. Cut dough in half and work each loaf into a twist. Place each twist in a pan and raise again 12 to 16 hours depending on temperature. Bake each loaf at 350 degrees F. for 35 to 40 minutes until golden.

EASTER BREAD WITH EGGS

Mary Di Nicola
Mt. Pleasant Ladies Lodge

1 pkg. house hold yeast
or 3 pkgs. yeast (dry)
3/4 c. sugar
1 tsp. salt
1 c. lukewarm milk
8 egg yolks
3 eggs
1 tsp. vanilla
1/2 tsp. grated lemon rind
1 oz. (2 Tbsp.) whiskey or brandy
3/4 c. softened butter
1 c. golden raisins
flour

Combine yeast, salt and sugar in large bowl. Stir to blend, mixing well. (If household yeast is used, stir until mixture is syrupy.) Add lukewarm milk and butter. Let stand 5 to 10 minutes. Beat egg yolks and eggs until thick. Add vanilla, lemon rind and brandy slowly. Stir egg mixture into yeast mixture. Add enough flour to make a firm soft dough. Turn out on lightly floured surface. Knead for about 10 minutes or until smooth and elastic. Place dough in greased bowl, turning to grease all sides. Cover. Let rise in warm place until doubled in bulk. Punch down. Knead in raisins.

Divide dough in two pieces. Place in 2 greased 8" round pans. Cover, let rise in warm place until doubled. Brush with 1/4 c. melted butter.

Bake at 400 degrees for 10 minutes. Reduce temp. to 350 degrees. Bake 30 to 45 minutes or until done.

You can either brush with 1 egg mixed with 1 Tbsp. water or ice with thin confectioner's icing.

EASTER EGG BRAID

Ann Gullo

1/4 c. lukewarm water
sugar
1 pkg. (1/4 oz.) dry granular yeast
1 jar (4 oz.) maraschino cherries
1 c. scalded milk
1 tsp. salt
1/4 c. soft shortening
1 egg, beaten
3 1/2 to 4 c. unsifted all purpose flour
4 tinted eggs, in shell, uncooked
glaze

Phila. Pa. 1029C

Combine water, 1 tsp. sugar and yeast in small bowl and let stand 5 minutes. Combine milk, salt, shortening, egg and 1/4 c. sugar; add about 1/2 the flour and beat until smooth. Stir in yeast and drained, chopped cherries. Add flour gradually to form very stiff dough. Knead on heavily floured board, until smooth and no longer sticky. Cover and let rise in greased bowl in warm place until doubled.

Punch dough down and divide in thirds. On floured board, roll each part to form a 15" strand. On well greased baking sheet, pinch three ends together. Braid. Pinch other ends together. Insert tinted eggs. Cover with a towel and let rise in warm place for about 10 minutes. Bake on middle rack of oven at 400 degrees for 10 minutes. Reduce heat to 350 degrees and bake for 25 to 35 minutes or until done. If necessary, cover with foil to prevent overbrowning. Cool on rack for 10 minutes, glaze. Serve slightly warm or room temperature.

ITALIAN LENTEN BUNS

Anna Gullo

1/4 c. water
sugar
1 pkg. (1/2 oz.) dry granular yeast
1/3 c. white seedless raisins
warm water
1 jar (4 oz.) maraschino cherries
1 c. milk, scalded
1 1/2 tsp. salt
1 Tbsp. vegetable shortening
2 Tbsp. olive oil
1/4 c. pine nuts, finely chopped
2 1/2 c. unsifted all purpose flour (about)
beaten egg yolk

Combine 1/4 c. water, 1 tsp. sugar and yeast, let stand. Soak raisins in warm water until soft and swollen. Pat dry before using.

Combine milk, 4 Tbsp. sugar, salt, shortening, olive oil, pine nuts, raisins, drained and chopped cherries and about 1 c. flour. Beat until flour is well blended. Stir in softened yeast. Add about 1 1/4 c. flour and stir. Sprinkle dough lightly with flour and knead quickly for about 5 minutes on well floured board, adding more flour as needed to prevent sticking. Let rise in greased bowl in warm place until doubled, about 45 minutes. Punch dough down. Break off small pieces, shape into round buns and place on greased baking sheet. Cover with towel and let rise until doubled in size. Brush with beaten egg yolk and bake for about 15 to 20 minutes at 350 degrees. Makes about 24 buns.

ITALIAN PANETONE

Filomena Di Marzio
Guido Baccelli Lodge

3 pkgs. active dry yeast
2 tsp. sugar
1/3 c. warm water (110 degrees)
6 large egg yolks
1 tsp. vanilla
1 tsp. anise seed, crushed
1/2 tsp. salt
2 to 2 1/2 c. unsifted all purpose flour
1/2 c. butter or margarine, softened
1/3 c. diced candied citron
1/4 c. golden raisins
1/4 c. dark raisins
2 Tbsp. butter or margarine, melted

Dissolve yeast and sugar in warm water. Cover. Let stand 3 to 5 minutes or until doubled in volume. In large bowl with electric mixer at med. speed. Combine egg yolks, vanilla, lemon peel, anise, salt and yeast mixture. Gradually beat in 1 1/2 c. flour and softened butter or margarine. With wooden spoon beat in 1/2 c. more flour. Turn onto floured board. Knead 8 to 10 minutes, kneading in enough of extra 1/2 c. of flour to make dough soft, not sticky. Shape into balls. Cover, let rise in warm (85 degrees) place 30 to 45 minutes or until doubled in bulk. Punch dough down. Knead in citron and raisins. Shape into ball, cut shallow cross on top of dough. Place in six inch (1 1/2 qt.) straight-sided baking dish; cover. Let rise 30 to 45 minutes or until doubled in bulk. Heat oven to 400 degrees. Brush bread with melted butter. Bake 10 minutes, reduce heat to 350 degrees. Brush bread again, bake 25 minutes. Brush a third time; bake 15 to 25 minutes more or until top is crisp and golden. Remove bread from dish to wire rack. Cool. Makes 1 loaf.

FAVETTE (Little Bears)

Connie De Lise

2 c. flour
1/2 tsp. baking powder
4 Tbsp. butter (soft)
oil for deep frying
2 1/2 Tbsp. sugar
2 eggs
3 or 4 Tbsp. rum

Make a dough with flour, baking powder, butter, sugar, eggs and rum. Knead for at least 15 minutes until dough is light and pliable.

Divide it into two pieces and shape each piece into a roll the thickness of a finger. Cut into 2" pieces. Deep fry the little rolls a few at a time. Drain on paper towels. Dust with sifted confectioners sugar (10X sugar).

TARALLI DI NATALE (Christmas Doughnut)

Pearl DeFuria

1 c. sugar
5 c. flour
1/4 tsp. salt
2 tsp. baking powder
6 eggs, well beaten
1/2 c. oil or melted lard
1/2 tsp. lemon flavor
1 tsp. vanilla
3 Tbsp. milk or whiskey

Mix dry ingredients, add eggs, milk, oil and flavoring. Knead as for bread dough. Grease hands, and take 1/4 dough at a time; roll out to 1/2" thickness. Cut in 6" lengths and pinch together as a doughnut.

Bake on slightly greased cookie sheet in 425 degree oven for 10 minutes until golden brown. Brush with the following:

Glassatura Generale:
2 c. powdered sugar
4 Tbsp. cream
3 drops oil of lemon (or peanut oil)

Beat all ingredients until creamy.

TARALLI

Genoveffa Dezii
Santa Francesca Cabrina Lodge

7 eggs
2 Tbsp. sugar
4 oz. oil
1/2 c. Crisco melted
2 pkgs. dry yeast
1/2 c. warm water
7 c. flour
1/4 tsp. salt
1 egg white
1/2 box 10 X sugar

Beat eggs, sugar, oil and melted Crisco together. Dissolve yeast in warm water and add it to the mixture. Mix the flour in gradually and knead for 10 minutes until it forms small blisters. Dough must be soft. Take a piece at a time and shape to form small biscuits. When all formed place 10 at a time in boiling water and continue boiling until they come to the top. Immediately remove with a strainer. Cut 3 slits in each biscuit and place on a cookie sheet. Bake in preheated oven, 350 degrees until light brown, about 20 minutes.

Make an icing, beating the egg white and 10X sugar. Place all the biscuits in a large bowl, pour icing over them and mix to coat them well. Place on a cookie sheet to dry.

STRUFFOLI (Honey Clusters)

Mary Lerro
Ellen Knauer

(Tiny balls deep fried and honey-coated arranged in cone, cluster, or wreath shapes can be used as a center piece for Christmas decoration)

2 c. sifted flour
1/4 tsp. salt
3 eggs
1/2 tsp. vanilla extract
1/2 tsp. grated lemon peel
dash of salt
honey
orange peel
multi-colored candies

Place flour in bowl; make a well and place in well the eggs, sugar, salt and lemon peel and vanilla extract. Mix well to make a soft dough.

Turn dough onto slightly floured surface and knead. Divide dough into halves. Lightly roll each half 1/4" thick to form a rectangle. Cut dough with a pastry cutter into strips 1/4" wide. Use palm of hand to roll strips to pencil thickness. Cut pieces into 1/3" long.

Fry only as many pieces of dough as will float uncrowded, one layer deep in the fat. Fry 3 to 5 minutes or until lightly browned, turning occasionally during frying time. Drain over fat before removing to absorbent paper.

Meanwhile, cook in skillet over low heat about 5 minutes 1 c. of honey and 1 tsp. grated orange peel.

Remove from heat and add deep-fried pieces. Stir constantly until all pieces are coated with honey, orange peel mixture. Remove Struffoli with a slotted spoon and set in refrigerator to chill slightly.

Remove to a large serving platter and form a wreath. Sprinkle with 1 Tbsp. tiny multi-colored candies. Chill in refrigerator. Serve by breaking off individual pieces. Makes 8 to 10 servings.

SICILIAN FIG PASTRY

Christina Apostolides

8 c. flour
6 tsp. baking powder
5 beaten eggs
2 tsp. salt
1 1/2 c. Crisco
1 c. sugar

Mix like pie dough until fine. Add 2 Tbsp. vinegar and 1 c. cold milk. Add to flour mixture and mix well. Let rest 10 to 15 minutes and then knead again. Roll dough in hands to sausage size, flatten, insert filling and roll up, then cut to desired size.

Filling:
1 roll figs
2 c. raisins
2 c. walnuts
1 lemon peel, grated
1 1/2 tsp. cinnamon
1/2 c. honey

Phila. Pa. 1029C

grind figs, nuts and raisins
1 orange peel, grated
1/2 c. sugar
1 c. hot water

Add all ingredients together. Refrigerate over night. Bake 15 to 20 minutes in 350 degree oven. Ice and decorate.

ITALIAN CHOCOLATE CHIP PIE (Cannoli Pie)

Josephine Ciocco

1 container (12 oz.) fat-free pot cheese (dry cottage cheese)
2 whole eggs
1/2 c. white creme de cacao liquer
granulated or liquid sugar substitute to equal 12 tsp. sugar
Ready to fill graham cracker crust
1/4 tsp. bottled orange peel
2 egg whites
1/8 tsp. salt
3 Tbsp. miniature chocolate chips

Combine first five ingredients in covered blender and beat until smooth. Meanwhile combine egg white and salt in a nonplastic mixer bowl and beat stiff with an electric mixer. Gently but thoroughly fold in the cheese mixture, then gently fold in chocolate chips. Spoon into pie shell and bake in a preheated 325 degree oven one hour. Chill before serving. Makes 8 servings, about 175 calories each.

ITALIAN CHEESE PIE

Emilie Grazioso
Judge Montemuro Lodge

Pastry:
1 1/2 c. flour
3 Tbsp. shortening
3 Tbsp. sugar
pinch of salt
2 eggs
little water

Filling:
2 lb. ricotta cheese
12 eggs
1/2 c. fresh unsalted cheese (grated)
1 1/4 c. sugar
grated rind and juice of 1 lemon

Make pastry. Mix like bread dough (will be softer). Roll out dough and line bottom and sides of a 9 X 13" pan. Pour in cheese filling. Bake 1 to 1 1/2 hrs. until firm at a temperature of 350 degrees.

ITALIAN EASTER PIE

Lydia Antolini, F. S.
La Vittoria Lodge #968

Pastry:
2 c. sugar
4 eggs
1/2 lb. butter
1 c. milk
1 tsp. cinnamon
1 tsp. vanilla
3 tsp. baking powder
enough flour to make med. dough
5 or 6 c. flour

(Cont.)

Filling:
2 lb. ricotta
1 1/2 c. sugar
4 eggs
grated rind of 1 orange
1 tsp. cinnamon
parsley

Spread dough in a 9 X 13" cake pan as you would pie crust. Spread to edges of pan. Mix filling and pour into pan - will be thick. Make a lattice top.

Bake in 350 degree oven for 1 hr. until golden brown.

RICOTTA PIE

Donna Acchione
John B. Acchione Lodge No. 311

1 1/4 lbs. ricotta
Very small pinch salt
1 Tbsp. flour
4 Tbsp. sugar
4 egg yolks
1 tsp. grated orange rind
1 Tbsp. seedless raisins
1 Tbsp. candied orange peel
2 egg whites, beaten stiff
2 Tbsp. confectioners sugar
1 tsp. cinnamon

Mix together well the ricotta, salt, flour, sugar, egg yolks and orange rind. Mix for at least 5 minutes and add raisins and candied orange peel. Fold in gently the beaten egg whites. Butter and flour a deep cake pan and pour in batter, taking care not to fill the pan more than half full. Bake in moderate oven (375 degrees) 35 minutes, or until firm. Remove from oven, turn onto dish and sprinkle with confectioners' sugar and cinnamon.

RICOTTA PIE

Mary Caramanica

3 lbs. ricotta
2 Tbsp. flour
8 Tbsp. sugar
6 eggs
2 oz. rum or whiskey
pinch salt
1 oz. unsweetened square of chocolate
1 tsp. cinnamon

Mix together ricotta, flour, sugar, salt and eggs. Add rum and 9/10 of chocolate square that has been slivered on side of grater. Pour in 10" pie pan that has been lined with "Pasta Frolla". Decorate top with strips of Frolla grated chocolate and cinnamon.

Bake in moderate oven, 375 degrees for 40 minutes.

Phila., Pa. 1029C

"PASTA FROLLA"

Mary Caramanica

2 c. sifted pastry flour
1 c. sugar
1/2 c. butter, room temp.
2 eggs

Sift together flour, sugar, salt. Make a well of dry ingredients, place butter and eggs in well. Work dough until smooth. Chill 30 minutes - line pie pan.

RICOTTA RICE PIE

Marie Giulii

12 eggs
1 1/2 c. sugar
1 tsp. salt
1/2 tsp. cinnamon
2 1/2 lbs. ricotta
1 c. cooked rice
2 tsp. vanilla

Beat eggs well, add rice. Mix ricotta, sugar, salt, vanilla and cinnamon, add to eggs and rice and blend all together. Pour into greased 10" pan. Bake at 350 degrees for one hour. This pie makes its own crust.

ITALIAN RICE PIE

Betty Vicoli

Pie Crust:
8 Tbsp. Crisco
8 Tbsp. sugar
2 eggs
2 c. flour
pinch salt
1 tsp. baking powder

Cream together shortening and sugar. Add remaining ingredients and mix. Press into 9 X 12" pan.

Filling:
3 lb. ricotta cheese
1 qt. milk or light cream
12 eggs
2 c. sugar
2 Tbsp. vanilla
2 Tbsp. orange juice
1 c. cooked rice

Mix sugar and eggs. Add remaining ingredients. Pour into crust. Bake at 300 degrees for 1 1/2 hrs.

Write your extra recipes here:

Cakes, Cookies, Icings

Worth Remembering

- A pie crust will be more easily made and better if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.
- After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.
- Cakes should not be frosted until thoroughly cool.
- Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack

ITALIAN BISCUIT

Ann Ricciuti

- 1/2 c. butter
- 1/2 c. shortening
- 1 c. sugar
- 6 eggs
- 1 tsp. baking powder
- 1 tsp. vanilla
- 1/4 tsp. salt
- 1 tsp. anise
- 3 c. flour
- sesame seeds, ground almonds

Beat butter, shortening, sugar and eggs. Add baking powder, vanilla, salt, anise and flour. Beat again. Shape dough into 3" wide loaf and place on ungreased cookie sheet. Pat top with wet palms, sprinkle with sesame seeds or ground almonds. Bake at 350 degrees for 20 minutes. Slice crosswise into 1" bars. Return to oven and bake for 10 minutes.

BISCOTTI (Bridal Cookies)

Mary Martella
Betsy Ross Lodge

- 5 c. flour
- 5 tsp. baking powder
- 1 1/2 c. sugar
- 6 eggs
- 1 Tbsp. vanilla
- 1 c. oil
- 1/2 c. chopped walnuts
- 1/2 c. maraschino cherries, chopped
- 1 tsp. anise seed
- 1/2 c. orange juice
- orange rind

Sift together flour and baking powder. Set aside. In another bowl combine sugar, eggs, vanilla and oil. Beat for a few minutes with an electric mixer. Add nuts, cherries, anise seed, orange juice and rind. Mix well. Blend in the flour. Spread batter evenly into 2 greased 1" oblong pans.

Bake in 350 degree oven for 15 to 20 minutes until golden in color. Cool. Cut lengthwise into 3 or 4 sections. Cut into 1/4" angular strips. Toast on each side in oven.

FILLED BISCOTTI

Helen M. Canuso
John B. Acchione Lodge #311

Filling:

- 1 can chick beans strained small
- 1 jar apple butter
- 1 small jar grape jelly
- 4 sq. unsweetened chocolate
- 1 c. walnuts
- 1/2 c. of wine

Mix all together in a pot and let it come to a boil. If needed add about 1 Tbsp. to thicken.

(Cont.)

Dough:
6 eggs
1 c. sugar
1/2 lb. melted margarine
1 tsp. lemon flavoring
5 c. flour
3 Tbsp. baking powder
2 tsp. vanilla

Beat eggs and sugar together, add melted margarine and flavoring. Mix flour and baking powder on a board, make a well, pour the egg mixture in and gradually mix in the flour and knead it well. Divide it in 5 parts. Roll each one making an oblong. Spread the filling leaving space all around. Roll like a jelly roll and place on a buttered cookie sheet and bake about 30 minutes in 350 degree preheated oven. Let cool, shake 10X sugar on top and slice.

CUCIDATE (Sicilian Stuffed Cookies)

Edith R. Monte
John B. Acchione Lodge #311

Filling:
2 lbs. dry figs (cut in small pieces)
1 lb. raisins
1 lb. chopped almonds
1 lb. chopped walnuts
1 lb. chopped filberts
1 lb. jar grape preserves
1/2 c. wine
rind of one orange

Mix these ingredients together in a pot and cook to a boil. Let cool. This can be prepared before time and refrigerated for a couple of weeks.

Pastry:
4 c. flour (plus 1 1/2 c. to use when kneading and rolling)
2 tsp. baking powder
1/2 tsp. salt
1/2 lb. margarine
3 eggs
1/2 c. sugar
2 tsp. vanilla

Measure flour, salt, baking powder on a board. Cut in margarine making fine crumbs. Beat eggs, sugar and vanilla. Stir them into the flour mixture and knead until smooth using part of the extra flour. Divide dough into four parts. Roll one at a time on a slightly floured board making a rectangle 1/8th of an inch thick. Cut this into 2 X 4" strips. Place filling in along the center of strip and press edges together on top to seal. Shape it to make a crescent. Place on ungreased cookie sheet and bake in preheated 350 degree oven for 25 minutes. These open slightly at the top while baking. Cool and dust with powdered sugar.

ITALIAN RAVIOLI COOKIES

Anna Gullo

Filling:
2 lb. chestnuts, slit along the flat side
2 lb. almonds
1 lb. citron, candied, together with candied lemon and orange rind
2 c. sugar
1 lb. honey
3 oz. unsweetened chocolate (melted)
6 jiggers rum

Dough:
6 c. flour
1 c. cooking oil
1 c. water
1 c. white wine

After slitting chestnuts with sharp knife, cover with water and boil 15 minutes; remove shells. Shell and boil almonds 5 minutes; drain, remove skins and toast nuts to a delicate brown in a 350 degree F. oven. Grind nuts and candied fruits and combine with all other ingredients. Mix well, cover and keep refrigerated for 2 or 3 days.

To make dough combine above ingredients. Take a small amount at a time, about as large as an apple and roll out thin on a floured surface. Place Tbsp. of filling along edge about 2" apart, making a row. Cover with thinly rolled-out dough and cut, just like ravioli, with a ravioli cutter. Press dough with side of cutter all around to close firmly. Fry like French fried potatoes. About 1 qt. oil will be needed, use a deep pot and when the oil gets dark on the bottom, strain it through a white cloth and wipe out the pot with paper towels before starting again. Continue in the same manner until all dough and filling are used. While cookies are still warm, place a stick of Italian cinnamon in blender and whirl to a powder. Mix this cinnamon (regular ground cinnamon won't do) with sugar and sprinkle cookies while warm. This makes about 172 cookies, but recipe can be divided in half.

PRESERVES-NUTS-FIGS TURNOVERS

Julia Acchione

Filling:
1/2 lb. walnuts (with shells)
1/2 lb. almonds (with shells)
1/2 lb. filberts (with shells)
1 pkg. (12 oz.) dry white figs
1 lb. jar strawberry preserves
1 lb. jar cherry preserves
1 lb. jar pineapple preserves
1 pkg. (12 oz.) dry black figs

Toast nuts with shells on, then remove shells. Cut stems off figs. Grind nuts and figs together and mix with preserves.

(Cont.)

Sweet Dough:

4 eggs
5 oz. melted soft lard
2 lbs. flour
1 1/2 c. sugar
1 Tbsp. baking powder
1 Tbsp. vanilla
1/2 c. milk

Melt soft lard and cool. Beat eggs and sugar together and add vanilla, baking powder and cooled soft lard. Place flour on pastry board in a well shape. Add ingredients slowly while mixing in the flour, using the milk to finish gathering the remaining flour. Knead until the dough has a smooth satin look. Roll dough out and cut in round circles and place filling on one side, flapping over and sealing the edges. Place on cookie sheet and bake at 350 degrees.

HONEY MASTACCIOLI

Mrs. Albert Nicoletti
Tacony-Mayfair Lodge

2 c. honey
3 eggs
1/2 c. granulated sugar
1/2 stick butter or margarine
1/2 tsp. baking powder
1 tsp. salt
flour as needed
nuts
orange peelings

Mix all ingredients together in large bowl. Add enough flour to make a soft workable dough. Roll into the shape of small loaves of bread. Brush with beaten egg yolk and place in oven at 375 degrees for about 1/2 hr. until golden brown. Remove from oven and slice "loaves" into 1" bars.

ITALIAN SPUMONI BARS

Mrs. Aldo D'Agostino
York Lodge 528

1 c. butter
1 1/2 c. 10 XXXX sugar
1 egg
1 tsp. vanilla
2 1/2 c. flour

Mix butter, sugar, egg and vanilla thoroughly. Blend in flour. Divide dough in half.

Divide one half of dough ingredients (above) into 3 parts. First part, mix in 1 envelope (1 oz.) premelted chocolate. Second part, mix 1/4 c. chopped pistachio nuts and few drops of green food color. Third part, mix 1 tsp. rum flavoring and few drops red food color. Shape each part in rectangle, 8 X 3". Layer rectangles, placing green dough in center. Press together. Wrap and chill at least 2 hrs. Heat oven to 375 degrees. Cut dough crosswise into 1/8" slices. Bake on ungreased baking sheet 5 to 7 minutes or until imprint remains when lightly touched with finger. Makes about 4 dozen.

NASTRI (Ribbon Pastries)

Porsia Palumbo

6 eggs (beat ahead)
1/2 c. oil (not olive)
1/2 c. milk
1/2 c. sugar
pinch of salt
flour (as much as it takes)

Work dough like noodle dough. Cut into wide or narrow strips. Fry in deep fat. Use electric frying pan set at 420 degrees.

When nastri are ready to be served, sprinkle with 10X sugar.

CENCI ALLA FIORENTINA
(Shrove Tuesday Sweet Knots)

Flora Evangelisto

2 c. flour, sifted
2 Tbsp. butter
1/3 c. sugar
2 eggs
1/4 tsp. salt
1/4 tsp. baking powder
2 Tbsp. brandy
oil or shortening for deep frying
1 pint heavy cream, whipped

Sift flour, sugar, baking powder and salt together onto pastry board. Make a depression in the center and add eggs, butter cut into pieces, add brandy. Beat with a fork, mixing in most of the flour. Then mix with hands and knead into a smooth pasta dough. Wrap dough in wax paper and keep in refrigerator for one hour. Then roll out paper thin on floured board. Cut into strips about 1 1/2" wide and 5 " long. Tie a knot in each and fry over med. flame in hot oil or fat, a few at a time, until puffed and light golden. Serves 6 to 8 people.

PINE - NUT COOKIES

Josephine Rohland
Rosa Garibaldi Lodge

1/2 c. granulated sugar
1/2 c. confectioners sugar
1/4 c. unsifted all purpose flour
1/8 tsp. salt
1 can (8 oz.) almond paste
2 egg whites slightly beaten
1 jar (3 oz.) Italian pignolias
confectioners sugar

Preheat oven to 300 degrees F. Lightly grease 2 large cookie sheets. Sift sugars with flour and salt, set aside. In a med. bowl, break up almond paste with wooden spoon. Add egg whites and beat until well blended and fairly smooth. Stir in flour mixture until well blended. Drop mixture by slightly rounded teaspoonsful, 2" apart, on prepared cookie sheets. Lightly press into rounds 1 1/2" in diameter. Press some pignolias into each. Bake 20 to 25 min. or until golden. Remove to wire rack, cool. Sprinkle with confectioners sugar. Makes about 2 1/2 dozen.

PIZZELLE

Mary Sansone
Mt. Pleasant Lodge

1/2 c. shortening
2/3 c. sugar
3 eggs
2 1/2 c. flour
1 tsp. baking powder
1 tsp. vanilla
1/2 tsp. salt

Combine ingredients as listed - form into small balls, and place on heated iron and cook on each side.

Dough may be made ahead of time and put into refrigerator to chill. (Easier to work with.)

Anise flavor may be substituted for vanilla and for a variation, you may add nuts if desired.

PIZZELLES (Filled Italian Waffles)

Antoinette Mignogna

1 1/2 c. eggs
1/3 c. oil
1 tsp. baking powder
1/2 tsp. anise oil or flavoring
1 1/4 c. sugar
2 1/2 c. flour
1/8 tsp. salt

Beat eggs, blend oil, flour, baking powder, salt and sugar. Beat for 2 minutes. Add flavoring and beat for extra minute.

Cook on hot waffle iron (Italian Pizelle iron), pouring on by a tsp. When waffle is done, eat it cooked as is or shape while hot over outside of a glass custard cup, pressing to fit. Place another cup to hold it in shape. Stack to store. Fill with favorite cream filling or with a rum cream filling.

Rum Cream Filling:

1/2 c. of flour
1/8 tsp. salt
1/2 c. sugar
2 c. scalded milk
1/8 tsp. rum flavoring
2 eggs

Add flour, salt, sugar gradually into the scalded milk, stirring constantly over low heat. Add flavoring and cook 5 minutes.

Beat 2 eggs in separate bowl. Add hot cream mixture. Beat and return to heat for one additional minute. Cool slightly. Fill tarts and refrigerate.

Phila. Pa. 1029C

SESAME SEED COOKIES (Sicilian Cookies)

Josephine Monte Ciocco
John B. Acchione Lodge #311

1 1/4 c. margarine
3/4 c. sugar
3 eggs
2 Tbsp. vanilla
3 drops anise oil
4 1/2 c. flour
3 tsp. baking powder
1 lb. light brown sesame seeds

Cream margarine and sugar in large mixing bowl. Add eggs, vanilla and anise. Beat well. Slowly add in flour and baking powder. Mix well. Take small amounts of dough and shape into small logs. Then roll in Sesame seeds, pressing to stick. Place on ungreased cookie sheet and bake in a 375 degree preheated oven 20 to 25 minutes until light brown.

Note: Place oven rack in center of oven.

CHOCOLATE ITALIAN SPICE COOKIES

Amelia Malvarose

6c. flour
1 1/2 c. sugar
5 tsp. baking powder
5 Tbsp. cocoa
1 Tbsp. cloves
1 Tbsp. cinnamon
1 tsp. salt
1/4 lb. butter or margarine
2 c. shortening (Crisco)
1/2 lb. honey (1 cup)
4 eggs, slightly beaten
1 tsp. vanilla
1 tsp. orange juice
1 tsp. lemon juice
1/2 c. milk
1 lb. chopped nuts

Mix all dry ingredients. Add butter and shortening. Add remaining ingredients using enough milk to moisten. Roll dough into 1" balls. Bake at 350 degrees for 20 minutes.

While still warm, roll in thin confectioners sugar icing. Let cool and dry before storing.

MY MOTHER-IN-LAW'S ITALIAN WAFERS

D. Marie Monte
Dante Alleghieri Lodge

1/2 lb. butter
1 c. sugar
4 eggs
2 c. flour
2 tsp. vanilla
finely chopped nuts

Cream butter and sugar until light and fluffy. Add eggs one at a time and continue beating. Add vanilla. Gradually add the flour. Mix thoroughly. Spread thinly with a knife on an inverted cookie or pie plate making about a 3" circle. Sprinkle top with nuts and bake in a preheated 350 degree oven about 7 minutes until slightly brown around the edges. Remove immediately with a spatula and roll them. You may not have time to roll each one. Leave them flat.

TURDELLI (WINE COOKIES)

Virginia Rachel Manzi

4 c. peanut oil	1 tsp. salt
2 c. red wine	1 tsp. cinnamon
2 c. water	5 lbs. flour

Heat first 3 ingredients in sauce pan to a boil. Cool 2 or 3 hrs. Add salt and cinnamon. Make a well with the 5 lbs. of flour and gradually pour in the mixture while mixing in the flour. Knead well. Roll dough out lengthwise as thick as a pencil, then cut into 1 1/2" long pieces. Press fingers into cut dough so that the pieces resemble cavatelli macaroni. Drop a few at a time into deep hot oil (375 degrees) until dark golden brown. Remove with slotted spoon and drain on paper towel.

Glaze:

1 c. sugar	1/2 large jar honey
2 c. water	

Boil sugar and water until thread is formed. Add honey. Drop cookies into glaze and remove with slotted spoon.

RAVIOLLI CON RICOTTI

Elizabeth Pipik
Rosa Garabaldi Lodge

Pastry:

2 1/2 c. flour, sifted	1/2 c. shortening
1/2 tsp. baking powder	1/3 c. water
1/2 tsp. salt	

Cheese Filling:

1 1/2 lb. sweet cottage or ricotta cheese	1 tsp. lemon juice
1/2 c. sugar	2 eggs, well beaten
1 Tbsp. cinnamon	

Sift flour once, measure and add baking powder and salt. Sift again. Cut in shortening until pieces are the size of small peas. Add water in small amounts at a time, mixing lightly with a fork.

Combine all ingredients for filling and mix well. Roll pastry on lightly floured board. Place 1 Tbsp. cheese filling about 2" apart. Fold pastry over and cut between each. Press edges with a fork to seal. Fry in deep fat slowly until golden brown. Drain on paper towel for one minute. Serve with pure honey.

WINE STRIPS

Grace Romani
Upper Darby Lodge

2 c. flour
1/2 tsp. baking powder
3 Tbsp. sugar
1/4 c. butter
1/2 c. red wine
2 c. oil
1/2 c. powdered sugar
1 tsp. cinnamon

Sift flour together with baking powder and sugar. Cut butter into flour (as for pie crust). Make a well with flour and pour in wine. Knead dough about 5 minutes. Wrap in waxed paper. Set aside for about 2 hrs. (Do not chill). Roll dough 1/4" thick and cut into strips. Fry in hot oil. Sprinkle with powdered sugar mixed with cinnamon.

ITALIAN WINE-FILLED COOKIES

Mrs. Rocco Graziano
Alpine Star Lodge

Filling:
1 c. coconut
1 c. seedless raisins
3/4 c. port wine
1 Tbsp. sugar
dash salt

Dough:
1/2 c. shortening
3/4 c. sugar
1 egg
1/2 tsp. vanilla
2 1/4 c. flour
1/4 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt
1/2 c. sour cream

Put coconut and raisins through a food chopper. Put in saucepan with wine, sugar and salt. Cook until thick. Cool. Combine ingredients for dough. Roll to 1/8" thick. Cut into 2" rounds and put 1 tsp. of filling on dough. Cover with top. Bake at 375 degrees for 12 to 15 minutes.

NICOLETTA'S WINE-NUT PINWHEELS

Joanne L. Strollo
Pres. State Womens Div., O.S.I.A.

1 c. red wine
1 c. water
1 c. oil
1 tsp. salt
4 c. flour
1 1/3 c. honey
ground cinnamon
ground cloves
1/2 lb. shelled walnuts
1 c. seedless dark raisins

(Cont.)

Combine wine, water, oil and salt in saucepan. Heat over med. heat, bring to a boil, let stand at room temp. 15 minutes, beat to mix.

Place flour on pastry board, make well - add wet ingredients, knead until smooth ball is obtained. (If dough is too soft) gradually add a small amount of flour to make firm but not hard. Wrap dough in pastry cloth, place in bowl set aside for one hr.

Cut raisins in half with scissors. Chop nuts. Heat honey. Preheat oven to 350 degrees.

Divide dough into equal parts, roll out dough to 1/8" thickness. With pastry brush spread warm honey on dough, sprinkle rolled dough with cinnamon, then sparingly with cloves.

With pastry cutter, cut strips 18" long X 2" wide, place nuts and raisins on strip. Pinch together 1/4 length of strip - leave 1/8 open for entire length of strip. Roll as a pinwheel and place on ungreased baking sheet. Continue to make pinwheels as above. Brush each with honey. Place in oven. Bake 1 1/2 hrs. at 350 degrees.

ZEPPOLE

Mrs. Dora Smith
Judge Montemuro Lodge

2 eggs
1 c. flour
2 tsp. baking powder
1 pinch salt
1 1/2 tsp. sugar
1 c. ricotta cheese
1/4 tsp. vanilla

Beat eggs slightly. Add remainder of ingredients and beat gently until combined batter becomes sticky.

Drop by half tsp. (push off batter with another spoon) into deep corn oil, heated to 375 degrees, frying a few at a time, until Zeppole are golden brown - about 3 minutes. Drain on brown paper and roll in confectioners' sugar. Serve at once. Makes 36.

ITALIAN CHEESE CAKE

Mrs. Mary Alice Campanaro
Dante Alighies Lodge #1777

Filling:
5 eggs
1 c. sugar
1 lb. ricotta
2 - 8 oz. pkgs. softened cream cheese
1 Tbsp. lemon juice

Blend all the ingredients in a mixer and beat well. It makes a lighter cheese cake.

Crust:
1/2 c. graham cracker or zwieback crumbs
2 Tbsp. sugar
1/4 tsp. nutmeg
1/4 tsp. cinnamon

Phila. Pa. 1029C

Mix all ingredients well and press with fingers in a 9" springform pan, that has been well coated with shortening on the sides and bottom of the pan. Save about 2 Tbsp. of the crumbs for the top. Pour the cheese filling into the prepared crust and bake for 1 hr. at 350 degrees preheated oven. The cake may crack on top, but this does not affect the taste. Cool and store in refrigerator from 4 to 6 hrs. or overnight before serving.

TORTA CAFFE (Coffee Cake)

Angeline Verelli
Alpine Star Lodge

1/2 c. butter
1 c. sugar
1 Tbsp. brown sugar
1 egg
2 c. flour
1/2 tsp. salt
2 tsp. baking powder
1 c. milk
1 tsp. vanilla
1/4 tsp. almond extract

Topping:
2 Tbsp. melted butter
1 1/4 tsp. cinnamon
1/2 c. sugar

Cream butter, sugar, add egg and beat well. Sift together dry ingredients. Add alternately with milk. Add vanilla and almond extract. Pour mixture into greased cake pan.

Mix topping and sprinkle on top of batter. Bake at 400 degrees for 30 minutes.

PANE DI SPAGNA
(Angel Food Strudel)

Josephine Janearo
Vandergrift Ladies Lodge

4 c. flour
3 sticks margarine
5 egg yolks
1/2 c. water
3 Tbsp. vinegar

Mix flour and margarine as for dough. Add beaten egg yolks and water, the vinegar last. Divide the dough into six balls. Refrigerate overnight.

Filling:
1 lb. ground nuts. Mix with 1 c. sugar, 2 - 10 oz. size bottles maraschino cherries (chopped).
Prepare one Angel Food Cake Mix.
Roll out all six balls of dough. Make a path of nut mixture and cherries down center of dough (dividing mixture equally between the six rolls.) Put the Angel Food batter on top of nut and cherries mixture evenly. Fold dough over and seal edges well (use a little water). Bake at 350 degrees for 25 minutes. Sprinkle with powdered sugar or drizzle with white icing. (These can be frozen)

TARTINI CIOCCOLATI

Rose Gennaccaro

Chocolate Cake:
1/2 c. butter
2 c. brown sugar
3 eggs (save 2 whites for icing
1/2 c. sour milk
1 tsp. vanilla
2 1/2 sq. melted chocolate
2 c. flour (sifted)
1 c. hot black coffee
1 tsp. baking soda

Preheat oven to 350 degrees F. Cream butter and sugar, add eggs, sour milk, vanilla, chocolate and flour. Mix well, put the baking soda in the hot coffee, hold over bowl and gradually add to the batter. Batter will be thin. Divide in 2 pans (8"). Bake 1/2 hr. at 350 degrees F.

Frosting:
2 c. brown sugar
1/2 c. water
vanilla
2 egg whites
coconut

Cook 2 c. brown sugar and 1/2 c. water until it forms a soft ball in cold water. Pour gradually into the 2 beaten egg whites; add vanilla. Spread on cooled cake, sprinkle with coconut.

BLACK COFFEE CAKE

Vivian Pacifico

2 c. flour
2 c. granulated sugar
3/4 c. cocoa
2 tsp. salt
1 tsp. baking powder
2 eggs
1/2 c. vegetable oil
1 c. strong black coffee
1 c. milk

Sift together the first 5 ingredients. Add eggs, one at a time, add oil, coffee and milk. Mix thoroughly. Bake in greased tube pan at 350 degrees for 30 to 40 minutes.

ANISETTE SPONGE CAKE

Flora Jeanne De Furia Hoch

2 pkgs. anisette sponge cookies
  (Stella D'Oro)
1 pkg. vanilla instant pudding
  (3 3/4 oz.)
1 pkg. chocolate instant pudding
  (3 3/4 oz.)
1 pkg. Dream Whip (3 oz. Pkg.)
or your own whipped cream

Slice your cookies in half. Place in 8 X 8" baking dish. Layer of cookies, vanilla pudding, layer of cookies, chocolate pudding. Place in refrigerator for 2 hrs. or more.

Variation:
For large 13 X 8" glass baking dish use:
6 3/4 oz. pkgs. of pudding
2 pkgs. Dream Whip
1 tsp. rum extract in vanilla pudding

MOCK RUM CAKE

Lois Jacono
Dante Alleghieri Lodge

2 pkgs. Stella Doro sponge biscuits
1 large pkg. vanilla pudding
1 large pkg. chocolate pudding
1/2 c. rum
whipped cream or topping
crushed nuts

Line 9 X 12" glass dish with biscuits, sliced lengthwise.

Prepare pudding according to pkg. directions but reducing milk by 1/4 c., then adding 1/4 c. rum in its place. Cool. Layer biscuits and pudding, top with whipped cream and nuts. Refrigerate to set. When biscuits set, they become solid like a sponge cake, forming a good base for the puddings.

ITALIAN CAKE WITH FILLING

Sylvania Trapuzzana
Divine Madre Lodge

4 large eggs
1 c. sugar
1 1/2 c. cake flour (not sifted)
1 1/2 tsp. baking powder
1/2 tsp. salt
1 tsp. lemon extract
5 Tbsp. warm water

Beat eggs thoroughly, add sugar and beat well. Add flour, salt and baking powder. Fold in alternately with lemon extract and water. Bake at 350 degrees for 30 minutes. When cool, slice cake in half to make 2 layers.

Cream Filling:
1 small can crushed pineapple
1 small can fruit cocktail
maraschino cherries, diced
1 egg
1/2 c. sugar
5 Tbsp. flour
dash of salt
2 c. warm milk

Beat egg in small bowl, add sugar and beat well. Add flour and salt and beat until smooth. Combine with warm milk, stirring constantly until smooth (away from heat). Place again on heat in double boiler, cook until thick. Drain fruit. Sprinkle a little juice over one layer. Spread drained pineapple top with hot cream filling. Spread a layer of fruit cocktail on top of filling and some cherries. Place second layer of cake on top and ice with 7 minute frosting or Cool Whip. Keep refrigerated.

SICILIAN CAKE

Linda Anne Doheny

1 pkg. (1 lb. 1 oz.) lb. cake mix, made as directed
6 Tbsp. orange juice
1 carton (15 oz.) ricotta cheese
2 Tbsp. heavy cream
1/4 c. sugar
3 Tbsp. semi-sweet chocolate pieces
3 Tbsp. mixed diced candied fruits
4 sq. unsweetened chocolates
1/4 c. butter or margarine
3 c. sifted confectioners sugar
1/2 c. hot strong brewed coffee
1 1/2 tsp. vanilla extract

With sharp serrated knife, cut thin slice, both ends of cooled cake. Cut cake horizontally into 4 layers. Brush each layer with 1 Tbsp. orange juice.

In med. bowl, beat cheese with electric mixer until smooth, beat in cream, sugar, rest of orange juice. With rubber scraper, fold in chocolate pieces and candied fruits.

Place bottom layer of cake on flat plate and spread with 1/3 of ricotta filling. Place 2nd layer of cake evenly on top of first layer and spread 1/3 filling. Repeat with third layer of cake and filling. Top with plain cake layer.

Gently press loaf into shape. Refrigerate at least 2 hrs., until filling is firm.

Make frosting, melt chocolate and butter in top of double boiler, over hot, not boiling water. Remove from hot water, add sugar, hot coffee and vanilla. Beat until smooth. If too soft to spread refrigerate 30 minutes. Spread frosting over sides and top of cake. Refrigerate until serving. To serve, decorate top with candied fruits, if desired. Makes 10 servings.

TORTA AL RUM (Rum Cake)

Laconara

1/4 lb. butter
1 c. brown sugar
4 eggs, separated
1 c. flour
1 tsp. baking powder
1 large can mixed fruit
1 c. sugar
rum

Melt the brown sugar and butter in a heavy skillet and cover with the fruit. Beat egg yolks and granulated sugar together, add flour and baking powder alternately with beaten egg whites. Pour this batter over fruit and bake in a moderate oven (350 degrees) for 30 minutes. When baked, remove from oven invert on a cake dish and pour rum over it. Serve with almond sauce as follows:

SALSA DI MANDORLE (Almond Sauce)

Laconara

2 egg yolks	1/8 tsp. salt
1 c. powdered sugar	1/2 pt. heavy cream
1 tsp. almond extract	

Beat yolks, salt and sugar together and add almond extract. Fold in the whipped cream and serve over rum cake, plain cakes, puddings....

ZUCCHINI CAKE

Lillian A. Bruno
Lodge 687

3 eggs	1 tsp. salt
2 c. sugar	1 tsp. baking soda
1 c. oil	1/4 tsp. baking powder
2 c. grated zucchini	3 tsp. cinnamon
2 tsp. vanilla	1 c. chopped walnuts
3c. flour	1/2 c. raisins

Beat eggs until light in color. Add sugar, oil, grated raw unpeeled zucchini and vanilla.

Combine flour, salt, baking soda, baking powder and cinnamon. Add to mixture, stirand blend well. Fold in walnuts and raisins. Pour into a greased and floured tube pan. Bake 1 hr. at 350 degrees.

ITALIAN BUTTER RUM CAKE

Rosemary Donisi

3 c. sifted flour
1 tsp. baking powder
1 tsp. salt
1/2 tsp. baking soda
Sift All Ingredients Together

Cream together:
2 c. sugar
1 c. butter

Liquid:
4 eggs
1 c. milk
2 tsp. vanilla

Alternate into one bowl - dry ingredients - liquid ingredients into cream mixture. Grease and flour tube pan and bake at 325 degrees F. for 1 hr. or 65 minutes.

When cake is finished - do not remove from pan. Make Rum mixture as follows:

(Cont.)

1 c. sugar
1/4 c. butter
1/4 c. water
1 Tbsp. rum

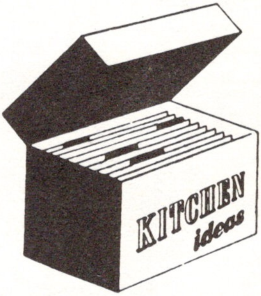
Make all of this in a small pan over a low flame until sugar is dissolved.

Make holes in cake with long fork and pour Rum mixture over cake, let cool - may top with powdered sugar.

Eat and enjoy!

Write your extra recipes here:

Desserts



A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Rinse a pan in cold water before scalding milk to prevent sticking.

When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

To melt chocolate, grease pan in which it is to be melted.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold-water tap for a moment before you unwrap it. The cellophane will then come off clean.

When you are doing any sort of baking, you get better results if you remember to preheat your cooky sheet, muffin tins, or cake pans.

Chill cheese to grate it more easily.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

DESSERTS

APRICOT-BRANDY ICE CREAM
(Gelato Albicocca Cognac)

Anne Marie Staffieri
Germantown Lodge #683

1 pkg. (10 oz.) frozen or 1 lb. fresh peaches
2 Tbsp. sugar (optional)
1 pt. peach ice cream
3 oz. (6 Tbsp.) apricot brandy

Whirl thawed peaches in blender. If fresh peaches are used, peel, slice and add sugar, then whirl in blender. Combine peach puree with softened ice cream and stir in brandy. Work quickly, especially if fruit is not cold. Refreeze in bowl or parfait glasses. Serves four.

SPUMONE

Peggy Montemuro
Montemuro Lodge #2193

1 - 3 cup mold - chilled

First Mixture:
2 c. milk
3/4 c. sugar
5 egg yolks
1/2 tsp. vanilla

Scald milk. Beat egg yolks until thick and lemon colored, then gradually beat sugar into them. Pour a little of the scalded milk over this mixture, mix well, then add to the larger amount of scalded milk, adding it slowly and stirring well. Cook over very low heat, stirring constantly until thickened. Cool, add vanilla and pour into refrigerator ice cube tray. Freeze until fairly hard, about 2 hrs. It should be soft enough to be spooned out easily.

Second Mixture:
1 c. heavy cream, beaten stiff
1/4 c. sugar
8 maraschino or fresh cherries, cut in small pieces
1 Tbsp. candied orange peel, cut fine
8 shelled, blanched almonds, cut into slivers

Mix all these ingredients together and chill in refrigerator. Chill mold thoroughly. Line inside of mold with the first mixture that has frozen in refrigerator, leaving hollow in center for 2nd mixture. Fill hollow with 2nd mixture, cover top of mold with waxed paper and freeze for 2 hrs. Dip mold briefly in warm water to unmold. Serves six.

ITALIAN SHERBET

Dorothy McHenry
Alpine Star Lodge

- 2 c. water
- 2 c. sugar
- pinch of salt
- 1 c. lemon juice
- grated rind of 1 lemon
- 2 egg whites

Boil water, sugar and salt together 5 min. over med. flame. Strain lemon juice into sugar syrup and add grated lemon rind. Cool. Beat egg whites until stiff but not dry and fold them gently into cooled syrup. Pour into freezing tray of refrigerator. Cover with waxed paper and freeze until firm about 3 hrs. Serves six.

BISCUIT TORTONI

Mary Darpino
Greater Havertown Lodge
#2224

- 1 c. heavy cream
- 1/2 c. confectioners sugar
- 1 c. macaroon crumbs
- 1 Tbsp. sherry
- 3 egg whites

Combine sugar and heavy cream which has been whipped. Fold in crumbs. Add sherry. Beat egg whites until stiff and fold into whipped cream mixture. Put into serving dishes or cup cake tins which have been lined with cup cake cups. Sprinkle top with macaroon crumbs. Freeze.

BISCUIT TORTONI

Rose Di Marco
Judge Montemuro Lodge

- 1 1/2 c. heavy cream
- 1/2 c. sifted confectioners sugar
- 3 Tbsp. cognac, rum, marsala or other strong, sweet sherry
- 1 egg white, beaten stiff but not dry
- 1/2 c. finely ground, toasted almonds additional ground almond for garnish

Whip cream until slightly thickened. Gradually add sugarand beat until stiff. Stir in liquor. Fold in egg white and almonds. Spoon mixture into paper muffin cups or small dessert molds. Garnish with additional almonds if desired. Freeze for 4 to 5 hrs. or until firm. Makes 8 to 10 servings.

BUNAT

Mrs. Joseph Kruper
Rosa Garabaldi Lodge

- 1/2 c. sugar for carmelizing cake pan
- 8 eggs
- 1 1/2 qt. milk
- 1 c. sugar
- 15 vanilla wafers (crushed)
- 1 tsp. vanilla
- whipped cream
- maraschino cherries (red/green)

Place one-half cup sugar in oblong cake pan on top of stove; meltsugar slowly. Evenly distribute sugar over all sides of pan. Set aside to cool. With electric mixer beat eggs until frothy, while beating add sugar, vanilla, milk, vanilla wafers. Mix until all are combined, place in carmelized cake pan. Bake at 350 degrees F. for 1 hr. or until knife comes out clean. Cut in squares decorate with whipped cream and cherries.

ITALIAN NOODLE PUDDING

Mary Lerro
Judge Montemuro Lodge

8 oz. pkg. of wide noodles
1/2 lb.ricotta
1 c. raisins
1/2 c. butter (melted)
1 c. or more of milk
5 eggs (well beaten)
1/2 tsp. cinnamon
1/2 c. sugar

Cook noodles, not too well done, drain and place noodles in a large bowl. Add melted butter to noodles and stir well. Beat eggs with ricotta and sugar until smooth; add to noodles with remaining ingredients using 1 c. of milk. Pour mixture into an 8 X 13" buttered pan; add enough milk to cover noodles if needed. Sprinkle a little cinnamon on top of mixture. Bake at 350 degrees F. for 35 - 40 minutes or until lightly brown on top.

8 - 12 servings.

TORTA SAGNA (Noodle Pudding)

Rose Di Benedetto

1/2 lb. butter or 2 sticks of margarine
4 eggs, beaten
1 c. sugar
1 lb. sour cream
1 lb. cottage cheese
1 large can crushed pineapple
1 lb. wide egg noodles (cooked)

Blend melted butter and eggs in mixer. Add sugar, sour cream, cottage cheese and pineapple. Blend. Fold in cooked noodles, mix well. Put into a greased 9 X 12" pan. Bake at 350 degrees for 1 hr. and 10 minutes.

MACARONI CAKE (PUDDING)

Mary Monte
John B. Acchione Lodge

1/2 lb. spaghetti
3/4 c. sugar
1 1/2 c. milk
1 tsp. vanilla
3 eggs
1/2 c. raisins
pinch salt

(Cont.)

Cook spaghetti until done. Set aside to cool. Beat eggs and sugar together. Add milk, vanilla, salt and raisins. Blend all together.

Grease a 9 1/4 X 5 1/4 X 2 3/4" loaf pan. Put the cooked spaghetti in the loaf pan. Pour the filling over everything.

Bake in preheated 375 degree oven for 1 1/2 hrs. or until firm. Cool thoroughly. Keep refrigerated.

ZABAIONE (Wine-Egg Custard)

Andrea U. Federici

- 4 egg yolks
- 4 Tbsp. sugar
- 8 Tbsp. original Marsala
- 1/4 tsp. vanilla extract

Combine all ingredients in the top of a double boiler. Place over heat and start beating constantly until frothy, smooth and slightly thick. Serve either hot or cold in glass cups. Serves four.

CANNOLI

Margaret D'Ambrosio

- 3 lbs. ricotta cheese
- confectioners sugar
- 1/4 c. semi-sweet chocolate pieces
- 2 Tbsp. chopped citron
- 10 candies cherries, chopped
- 1/2 tsp. cinnamon
- cannoli shells (see below)
- chopped pistachio nuts

In large bowl with portable electric mixer, beat cheese 1 minute. Beat in 2 1/2 c. confectioners sugar, 1 minute.

Mix in chocolate, citron, cherries and cinnamon. Refrigerate, covered for 2 hrs. With tsp. fill shells with ricotta. Garnish with nuts, sprinkle with sugar.

Shells:

- 3 c. unsifted flour
- 1 Tbsp. sugar
- 1/4 tsp. cinnamon
- 3/4 c. port wine
- 1 egg yolk, slightly beaten
- oil for deep frying

Sift flour, sugar and cinnamon onto board. Make well in center; fill with port wine. With fork gradually blend flour into wine. When dough is stiff enough to handle, knead 15 minutes until smooth and stiff. Refrigerate, covered, 2 hrs. In heavy saucepan, slowly heat oil (4 inches) to 375 degrees on deep-frying thermometer.

On lightly floured surface, roll 1/3 of dough to paper thin, making a 16" round. Cut into 8 (5") circles. Wrap a circle loosely around 6" long cannoli form or dowel, 1" in diameter, seal with yolk.

Gently drop dough covered forms, two at a time, into hot oil, fry 1 minute, or until browned on all sides. With tongs or slotted utensil, lift out of oil. Drain on paper towels. Carefully remove

ITALIAN RICE PUDDING

Gay Lauria

1 c. rice
3 c. milk
1/4 lb. sweet butter
1/2 lb. cream cheese
1/2 c. sugar
6 eggs, beaten
1 tsp. vanilla
1 tsp. nutmeg
1 can (16 oz.) peaches

Cook rice in the milk. Cream butter, sugar and cream cheese. Add beaten eggs, lemon, vanilla, nutmeg. Fold in the cooked rice with milk, add peaches, crushed and well drained.

Bake at 350 degrees in buttered pan for 1/2 hr.

SFING DI SAN GIUSEPPE (Ricotta Cream Puffs)

Joanne Barone Dragun
Judge Montemuro Lodge

1/2 c. shortening
1/8 tsp. salt
1 c. boiling water
1 c. sifted flour
3 eggs

Filling:
1 - 15 oz. pkg. ricotta
2 Tbsp. grated sweet chocolate
1 Tbsp. grated orange rind
1/2 tsp. almond extract

confectioners sugar

Add shortening and salt to boiling water and stir over medium heat until the mixture boils. Lower heat, add flour all at once and stir vigorously until mixture leaves sides of pan. Remove from heat and add 1 egg at a time, beating thoroughly after each addition. Shape on an ungreased cookie sheet, using 1 tsp. or 1 Tbsp. of paste per puff. Bake in preheated 450 degree F. oven 20 minutes, reduce heat to 350 degrees and bake 20 minutes. Cool on rack. When cold, cut off tops and fill with Ricotta cream filling which is made by combining the above ingredients and beating until smooth. Replace tops and sprinkle with confectioners sugar. Makes about 18 puffs.

Fast wedding soup

1 lg } Canned soup - Swanson's
1 sm. } Chicken soup

4 bouillon cubes

3 [illegible]

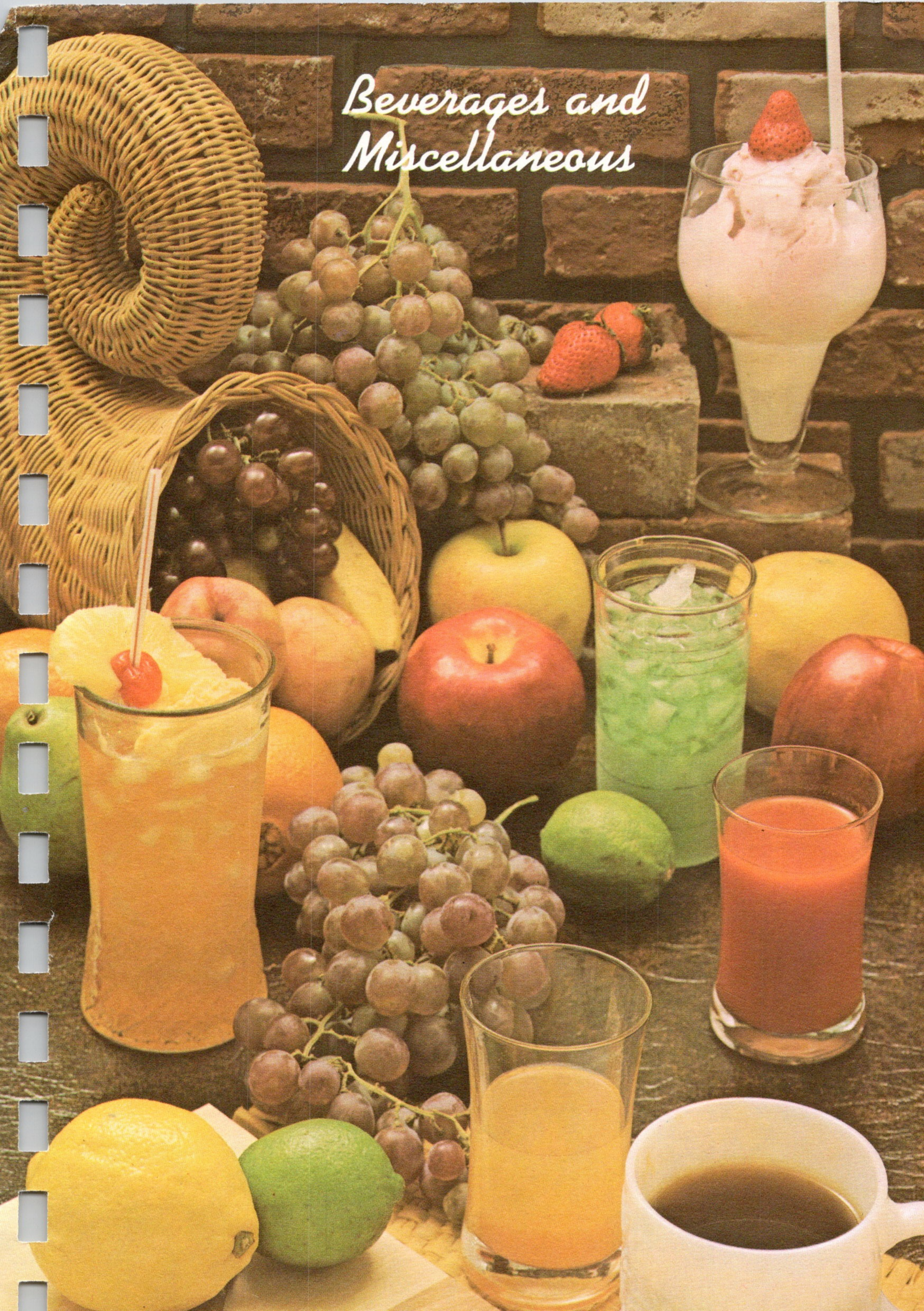
Write your extra recipes here:

Italian wedding soup

Make chicken broth w/chicken
Remove chicken, celery & carrots
after straining broth, add cut up
chicken & veg to strained broth - (also
add chicken bouillon cubes)
Add to broth
1/2 head escarole, shredded & par-
boiled - 10 min. in salted water & drain
Also add meat balls Italian Cheese
optional - pastina

Meatballs
1 lbs. ground meat - veal-pork & beef
parsley
gr. cheese
1 egg
2 slices bread soaked in milk
fry - drain on paper towels & add

Beverages and Miscellaneous



EVERYDAY USE WITH THE METRIC SYSTEM

FOOD		
Milk	1 liter	1.06 quarts
Butter	1 kilogram	2.2 pounds
Lemon juice	1 gram	0.035 ounces
Flour	1 liter	4.23 cups
Sugar	1 milliliter	0.067 tablespoons
Salt	1 milliliter	0.203 teaspoons
Water	1 liter	2.1 pints
DISTANCE	1 centimeter	0.4 inches
	1 meter	3.3 feet
	1 meter	1.1 yards
	1 kilometer	0.6 mile
AREA	1 sq. centimeter	0.16 sq. inch
	1 sq. meter	1.2 sq. yards
	1 sq. kilometer	0.4 sq. mile
	1 hectare	2.5 acres
TEMPERATURE	0 degree Celsius	32 degrees Fahrenheit
	37 degrees Celsius	98.6 degrees Fahrenheit
	100 degrees Celsius	212 degrees Fahrenheit
CLOTHING	METRIC	U.S.
Women	Size	Size
Dresses	38	10
	40	12
	42	14
	44	16
Stockings	2	9
	4	10
	6	11
Shoes	35	5
	36	6
	38	7
Men		
Shirts	35	14
	37	15
	40	16
Socks	25.5	10
	28	11
	29.25	11½
Shoes	41	8
	44	10
	46	12

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters:

1 cup = 250 milliliters (ml)
1/4 cup = 62-1/2 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml
1 pint = 0.47 liter (l)
1 quart = 0.95 l
1 gallon = 3.8 l
1 liter = 2.1 pint
1 liter = 1.06 quart
1 liter = 0.26 gallon

CALZONE (Deep fried proscuitto and cheese turnovers)

Caroline Magazine
District 11

Vegetable oil or shortening for deep frying
Pizza dough
1/2 lb. sliced prosciutto or salami (cut into 1 X 2" pieces)
1/2 lb. Mozzarella Cheese, cut into 1 X 1/4" pieces
Julienne Strips
Dried Oregano
Freshly ground black pepper
Olive oil

Heat 3 to 4" of vegetable oil or shortening in a deep fat fryer to 375 degrees. After the pizza dough has risen once, punch it down and stretch and roll it as thin as possible - 1/8" thick.

Cut with a biscuit cutter or rim of a glass into 4" rounds. Place a piece of prosciutto on one half of each round and top it with a strip of cheese and top with a little oregano and pepper and dribble a few drops of olive oil over it. Fold the other half of the circle over the filling to make a half-moon and press the edges of dough firmly together. Deep fry 2 or 3 at a time, turning them once for 4 or 5 minutes or until golden brown. Drain on paper towel and serve immediately.

CHESTNUTS IN RUM OR BRANDY

Mary Sansone
Mt. Pleasant Lodge

Peel and boil 1 lb. chestnuts until half cooked. Peel inner shell off chestnuts.

Syrup:

5 c. water	5c. granulated sugar

Boil together on simmer until you have half the amount left in the kettle. Add a few drops of vanilla.

Then use 5 parts of syrup to 3 parts of brandy or rum. Mix together. Put chestnuts in sterilized jars and pour hot syrup over them. Seal jars.

Serve on vanilla ice cream or use plain.

INSTANT PULENTA (Corn meal mush)

Lena Campbell

1 c. yellow corn meal flour
1 tsp. salt
1 c. cold water
3 c. boiling water
spaghetti sauce
grated macaroni cheese

Combine corn meal, salt and cold water. Gradually pour into boiling water, stirring constantly. Return to boil, stirring constantly. Reduce heat; cover, continue cooking over low heat about 5 min., stirring frequently.

Spoon out into a macaroni platter, one layer at a time. Cover each layer with the sauce and grated cheese. Six servings.

CAPPUCCINO

Roberta Gaspero
Judge Montemuro Lodge

2 c. coffee
2 c. powdered milk
1 Tbsp. sugar
1 Tbsp. cocoa
1 oz. brandy

Mix all the ingredients and bring to a boil, serve and top with whipped cream.

Write your extra recipes here:

INDEX OF RECIPES

SOUPS, SALADS, SAUCES, DRESSINGS

Egg Balls in Broth 1
Scarpelle 1
Chicken Soup - Italiano - Low Calorie 1
Italian Cappellitti Soup (Little Hats) 2
Capeletti 2
Capelletti 3
My Grandmother's Easter Soup (Traditional Sicilian) 3
Escarole and Beef Soup - Low Calorie 4
Lentil Soup 4
Meat Ball Soup 4
Minestrone Di Casa 5
Supa Di Spinaci Con Riso 5
Zuppa Di Spinaci (Spinach Soup) 6
Spinach and Egg Soup (Minestra Di Due Colari) 6
Tangy Tomato Rice Soup - Low Calorie 6
Italian Wedding Soup 7
Italian Wedding Soup 7
Pane Di Spagne (Croutons for Wedding Soup) 7
Pasta E. Fagioli 8
Anchovy Salad 8
Antipasto Salad 9
Anchovy Salad Dressing 9
Antipasto Romano 9
Bacala Salad 10
Three Bean Salad 10
Italian String Bean Salad 10
Mushroom Salad 11
Fresh Pepper Salad 11
Italian Potato Salad 11
Tomatoes Vinaigrette 11
Bagna Cauda Sauce 12
Real Italian Spaghetti Sauce 12
White Clam Sauce 12

MAIN DISHES --
MEAT, SEAFOOD, POULTRY

Pasticciata - Italian Style Roast Beef 13
Breaded Round Steak 13
Pot Roast Italiano 13
Filetto Di Manzo Ala Toscana (Beef Tournedos with Mushrooms) 14

Phila. Pa. 1029C

Braciola (Beef Rolls) 15
Beef Steak Pizzaiola 15
Pepper Steak 15
Involtini Di Manzo (Beef-Mushroom Rolls) 16
Meat Balls (Polpette) 16
Meatballs 16
Endive and Meatballs 17
Meat Loaf with Ricotta 17
Zucchini Meat Loaf 17
Stuffed Meat Roll 18
Confetti Beef and Macaroni 18
Boneless Leg of Lamb 19
Abbacchio Al Forno (Roast Lamb with Anchovy Sauce) 19
Roast Pork Loin (with ground beef) 20
Pork Chops ala Milanaise 20
Pork Chops Neapolitan 20
Sicilian Veal Roast 21
Veal Chops with Spaghetini 21
Cotolette Di Vitella in Umido (Veal Cutlet Casserole) ... 22
Veal Picante 22
Rosolini Di Vitella (Veal Rollettes) 23
Veal Rollettes 23
Braciolettine Di Vitello (Veal Birds) 23
Veal Smetona 24
Veal, Dandelions and Eggs 24
Veal and Asparagus Spezzato 25
Spetzatti Di Vitilla 25
Portafozlio Di Vitello 25
Fegato Alla Veneziano 26
Tripe 26
Lobster Ultima 27
Cod Alla Marinara 27
Crabs and Spaghetti 27
Baked Haddock or Flounder - Stuffed 28
Sardine Supreme (Sicilian) 28
Seafood Bake 28
Fried Smelts 29
Spaghetti with Shrimp and King Crab 29
Italian Style Shrimp 29
Shrimp Scampi 30
Fish Sauce for Linguine Alla Pescatora 30
Calamai Con Pomodoro (Squid with Tomatoes) 30
Squid in Mushroom Sauce 31
Snails Palermo Style 31
Chicken Breast with Cheese 31
Chicken Saltinboca 32

Chicken Sicilian 32
Chicken and Bow Ties 32
Chicken Cacciatore 33
Chicken Cacciatore 33
Fried Chicken Florentine 33
Chicken Marinade 34
My Mother's Turkey Stuffing 34
Sauteed Chicken Livers 35

MAIN DISHES -- CHEESE, EGG, SPAGHETTI, CASSEROLE

Fresh Ricotta 37
Cheese Timbales 37
Mozzarella in Carrozza 38
Ricotta Balls 38
Ricotta-Spinach Dumplings 38
Spinach Frittata 39
Frittata Di Provolone e Olive 39
Rice Omelette 39
My Mother's Ham Pie 40
Pasta Fatta in Casa (home made pasta) 40
Fusilli Bucati Siciliani 41
Fettucine Alfredo 41
Fettucine All'Afredo 42
Gnocchi 42
Spinach-Cheese Gnocchi 43
Pasta with Cauliflower 43
Manicotti 43
Manicotti Pancakes 44
Cannelloni Capriccio 44
Baked Mustaccioli 45
Lasagne 46
Pesto over Green Noodles 46
Noodles with Pesto Sauce 47
Noodles with Ricotta and Meat 47
Pasta Con Ricotta 47
Pasta, Potatoes and Peas 48
Meat Ravioli 48
Rigatoni (Baked Macaroni) 48
Stuffed Rigatoni 49
Stuffed Shells 49
Stuffed Macaroni Shells 50
Sausage Stuffed Shells 50
Spaghetti Pie 50
Vermicelli Alla Venetian 51
Risotto 51

Risotto Milanese 52
Italian Rice Balls 52
Arancini (Rice Balls) 52
Rice Supri 53
Bean and Bread Casserole 53
Beef and Eggplant Casseroles 54
Chicken-Spaghetti Casserole 54
Macaroni or Rice in Oven 55
Italian Sausage Casserole 55
Oven Stew Italiano 55
Zucchini with Tuna Fish 56

VEGETABLES

Baked Artichokes 57
Carciofi Imbottiti Alla Siciliana (Stuffed Artichokes Sicilian) 57
Egg Plant Parmigiana 57
Fagiolini (String Beans with Tomatoes) 58
Sauteed Broccoli 58
Italian Style Broccoli 58
Broccoli Casserole 59
Broccoli Rabe Patties 59
Eggplant En Casserole 59
Eggplant and Cheese 60
Eggplant with Sweet-Sour Sauce (Caponatina) 60
Rolled Stuffed Eggplant 60
Italian Eggplant Croquettes 61
Fritto Misto (Mixed Fry) 61
Marinated Mushrooms 62
Funghi Con Alio E Aceto 62
Funghi Ripieni Con Prosciutto (baked mushrooms stuffed with prosciutto) 62
Peperoni Arrostiti (Roasted Peppers) 63
Stuffed Peppers from Apulia (Peperoni Ripieni) 63
Stuffed Peppers 63
Stuffed Fryers (Peppers) with Zucchini 64
Patate Patties (Potato) 64
Risotto Al Verde (Rice with Vegetables) 64
Risi E Bisi (Rice and Peas) 65
Mock Spinach Souffle 65
Erbazzone (Spinach Pie) 65
Spinach Pie 66
Zucchini Fritti or Fried Squash 66
Zucchini 66
Zucchini Pickle Slices 67

Zucchini Pie 67
Tiella (A Calabrian Casserole of Zucchini and Potatoes). 68

BREAD, ROLLS, PIES, PASTRY

Italian Bread 69
Foccacia (Italian Flat Bread) 69
Broccoli Bread 69
Garlic Bread 70
Zucchini Bread 70
Fried Bread Balls 70
Pizza Bread 71
Italian Stromboli Roll 71
Topping for Pizza 72
Pizza Dough 72
Pizza 72
Fuocacia (Sicilian Pizza) 73
Pizza Rustica (Party Snacks) 73
Pizza Rustica (A country pie from Naples) 74
Pizza Secco (Dry) 74
Holiday Pastry 75
Pie A La Italiana 75
Italian Easter Bread 75
Easter Bread with Eggs 76
Easter Egg Braid 76
Italian Lenten Buns 77
Italian Panetone 78
Favette (Little Bears) 78
Taralli Di Natale (Christmas Doughnut) 79
Taralli 79
Struffoli (Honey Clusters) 80
Sicilian Fig Pastry 80
Italian Chocolate Chip Pie 81
Italian Cheese Pie 81
Italian Easter Pie 81
Ricotta Pie 82
Ricotta Pie 82
"Pasta Frolla" 83
Ricotta Rice Pie 83
Italian Rice Pie 83

CAKES, COOKIES, ICINGS

Italian Biscuit 85
Biscotti (Bridal Cookies) 85
Filled Biscotti 85
Cucidate (Sicilian Stuffed Cookies) 86

Italian Ravioli Cookies 87
Preserves-Nuts-Figs Turnovers 87
Honey Mastaccioli 88
Italian Spumoni Bars 88
Nastri (Ribbon Pastries) 89
Cenci Alla Fiorentina (Shrove Tuesday Sweet Knots) 89
Pine - Nut Cookies 89
Pizzelle 90
Pizzelles (Filled Italian Waffles) 90
Sesame Seed Cookies (Sicilian Cookies) 91
Chocolate Italian Spice Cookies 91
My Mother-In-Law's Italian Wafers 91
Turdelli (Wine Cookies) 92
Raviolli Con Ricotti 92
Wine Strips 93
Italian Wine-Filled Cookies 93
Nicoletta's Wine-Nut Pinwheels 93
Zeppole 94
Italian Cheese Cake 94
Torta Caffe (Coffee Cake) 95
Pane Di Spagna (Angel Food Strudel) 95
Tartini Cioccolati 96
Black Coffee Cake 96
Anisette Sponge Cake 96
Mock Rum Cake 97
Italian Cake with Filling 97
Sicilian Cake 98
Torta Al Rum (Rum Cake) 98
Salsa Di Mandorle (Almond Sauce) 99
Zucchini Cake 99
Italian Butter Rum Cake 99

DESSERTS

Apricot-Brandy Ice Cream 101
Spumone 101
Italian Sherbet 102
Biscuit Tortoni 102
Biscuit Tortoni 102
Bunat 102
Italian Noodle Pudding 103
Torta Sagna (Noodle Pudding) 103
Macaroni Cake (Pudding) 103
Zabaione (Wine-Egg Custard) 104
Cannoli 104
Italian Rice Pudding 105

Sfing Di San Giuseppe (Ricotta Cream Puffs) 105

BEVERAGES, MISCELLANEOUS

Calzone (Deep fried proscuitto and cheese turnovers) .. 107
Chestnuts in Rum or Brandy 107
Instant Pulenta (Corn meal mush) 108
Cappuccino 108

Notes:

Egg Plant

Slice across & Salt

Itlian Wedding cookies
Antnettas recipie

Notes:

6 eggs
4½ c flour
2 stick oleo
3/4 c. sugar

4 tsp bk. powder
½ " salt
½ tsp anise
½ tsp lemon

Bake 350° for 12 min

roll size of pencil sticks
+ wrap around finger.
When making dough use
nough of flour so it won't
e sticky

When cool ice with
3/4 box powered sugar
1 tsp lemon flavor
& enough milk to make
thin mixture - Use food
color to
please

ice on rack w/ wax
paper underneath
so icing can be

1 Lb Ricotta Cheese

2 - 8 oz a 1 Lb Cream Cheese

2 C sugar. Beat together

Add - 4 eggs. one at time

1 pt sour cream

3 T. C. starch

3 T. flour

1 tsp vanilla

2 T lemon juice

1 stick melted oleo

Beat above & spread

350° for 1 hr

[illegible]

Spring form pan

grease pan